

JIM MARROW

PREPPER'S SURVIVAL NATURAL MEDICINE

ESSENTIAL LONG TERM SURVIVAL GUIDE TO LEARN ABOUT WILD PLANTS AND PREPARING FOR ANY EMERGENCY WITH THE BEST NATURAL MEDICINE AND REMEDIES







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by

JIM MARROW

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Introduction

Have you ever considered what you'd do if you didn't have access to a pharmacy? What if healthcare access was abruptly revoked? Do you worry about the emergence of antibiotic-resistant bacteria? Do you have a contingency plan in place? Prepper's Survival Natural Medicine can assist you in developing your strategy. Natural medicine may be found in unexpected places, such as cracks in sidewalks and abandoned areas. In the event that our existing systems collapse, a medical herb garden and other modest stored things may offer you and your family a plethora of efficient cures as well as valuable trade items. This manual covers the fundamentals of making natural medicines, as well as thorough information on the medicinal characteristics of several plants and some tried-and-true cures for emergencies, first aid, and common ailments. This book contains everything you'll need to understand how to create your own formulae for your individual needs. I've also included a list of books, vendors, and other resources that you may use to further your research.

This book is also a fantastic resource for a prepper. The key to preparedness is planning. This book outlines simple measures that must be implemented in the event of an emergency or disaster. Each chapter is organized in such a manner that it starts with simple techniques and advances to more complicated strategies. Each chapter begins with notions and ideas that are applicable to both urban and rural preppers. We think that no matter where you reside, you should be prepared. To alleviate pain, assist unprepared neighbors, and prevent civic strife, you should at least consider putting what you've learned in this book into practice. Practical Preppers will share ideas that you can apply in your regular life, not simply for "rainy day" situations.

Chapter 1: Becoming a Prepper - I



We all prepare in a variety of ways, for a variety of reasons and for both little and significant requirements. On the very low end of the scale, being prepared is as simple as checking your wallet before leaving the house to make sure you have a few dollars in your pocket to pay for lunch. We plan for the long term with investing strategies that will provide a reasonable degree of comfort when we reach retirement age. Preparing for the difficult times that any calamity may bring isn't common among the general public, but it makes a lot of sense. Difficult moments occur. There isn't a single area on this enormous globe that is unaffected by Mother Nature's wrath. Efforts made now might provide your family with a reasonable level of comfort even if the rest of the community is in the midst of a disaster. It will take some effort. It takes some consideration. It's money well spent in terms of time and effort. It would be a lot easier to teach the means and techniques of preparation if all it needed was a summary of a few fundamental concepts, a checklist of essential tools, and a few quick instructions on how to utilize them. Many more

individuals would take that vital step if there was a step-by-step plan that guaranteed they'd live and prosper in any catastrophic scenario. Of course, that isn't how things operate in the real world. A solid preparation plan for a family that lives in the country would differ from one for a family who lives in the city. Preparation takes more than just tools and materials. It necessitates the right mentality. It requires you to pay attention to the minor details that contribute to the greater potential challenges that any family may confront in the aftermath of a calamity. Different issues, on the other hand, necessitate quite different answers. An earthquake is not the same as a tornado. A wildfire is not the same as a flood. A hurricane isn't the same as a snowstorm. There are no two disasters alike. In addition, various persons have varied requirements. Anyone would be inconvenienced by a few days without electricity. It would generate significantly greater problems for certain people than for others. When compared to the physically healthy 32-year-old lady who lives a few homes down the street, the elderly guy who requires an oxygen machine to live would confront a significantly more serious scenario during even a short-term power loss. We are all in various situations. As time passes, problems grow significantly more serious for those who have not prepared. Supplies are running out. Patience is a virtue in scarce supply. If a few days without electricity turned into a few weeks, many families would undoubtedly see a significant shift in mindset and face considerably more difficulties. Building a strong disaster preparedness strategy that accounts for survival and comfort is a multi-faceted effort. Depending on how the families live, the plans would alter from one family to the next. Plans would also fluctuate greatly depending on where individual families reside. Risks and, as a result, contingencies would differ by area. Those who live in northern Minnesota's cold, wooded terrain are unlikely to include hurricane shutters in their protection strategies. Those who live along Florida's Gulf Coast's warm beaches aren't likely to bring long thermal underwear in their three-day survival packs. The amount of space and resources available to a family will influence their efforts and skills. A family living on a postage-stamp lot in the center of a metropolis will have less ability to gather water

and cultivate food than others. They'd have to plan differently than the family who lives 10 miles outside of town on a large rural property. The extent and probability of risks vary based on where you live. Some people may analyze their hazards and find comfort in a small-scale preparation plan that might last a family a few weeks without requiring outside assistance. Others would look at the probabilities and see a genuine possibility of a major disaster. Those who live near Tornado Alley, for example, may prefer plans and supplies that will allow them to be self-sufficient for a few months or longer. No preparation handbook could ever pretend to give step-by-step instructions that could be applied to everyone, everywhere, at any time, for any situation. Despite this, everyone has the same fundamental requirements. Those who are good at planning use comparable concepts and principles to ensure their safety regardless of the hazards they face. A good strategy will necessitate the use of some tools. Every good strategy will include stockpiling in a way that most people haven't anticipated. However, preparedness entails more than just the contents of the garage, pantry, and supply closet. It's a way of life. Those that are most prepared are always learning new skills and expanding their knowledge base, allowing them to adapt and make the most of what they have. Items purchased and stashed away are frequently used as sources of consolation and survival. Those resources may originate from the environment in some circumstances. When nature decides it's time to put your family to the test, the element of unpredictability is certain to play a role. Preparation is a never-ending process. It's possible that your work will begin with deciding on your definition of preparedness. To be honest, the vast majority of individuals are unfamiliar with the word. For far too many, preparedness consists of knowing where to obtain flashlights and a few extra batteries in case the power goes out. There is, of course, the other viewpoint. Many individuals who have heard the phrase "prepper" are likely to be skeptical. They've probably gotten their notions and a few startling conclusions from news reports or broadcasts about a tiny group of people who live on the other side of the spectrum. There are undoubtedly some folks out there with completely filled shelters containing enough food for

several years. Typically, this gang will stockpile a large amount of equipment and keep their properties well-protected. They're usually well-armed. If they find themselves among the last men and women in the world, they're usually working on answers. The average family would benefit from ignoring the unprepared and over-prepared sides of the scale. After considering the typical, established hazards, most individuals would assess their level of comfort and discover effective strategies to navigate through difficult times somewhere in the large middle ground. Those who are just getting started with their preparations should plan ahead and keep in mind their goals. You shouldn't be concerned about the end of the world when it comes to preparedness. Those planning for the end of the world would have to accept that whatever resources they have would ultimately run out. In contrast, if hurricanes or tornadoes often strike your area, it's a good idea to have the necessary materials in place to live comfortably outside of your typical routine. Stopping and inspecting your food and water supplies, among other items, might help you determine a decent beginning location. Consider whether you could close the front door, turn off the lights, and live comfortably for two weeks without leaving the house. When you consider all of the possible dangers around the country, two weeks is a reasonably good starting point no matter where you are. You wouldn't settle for anything less. Those who are just starting started should rely on their common sense. Those who do not plan ahead of time are putting their family up to suffer far more than is required when an emergency arises. Those who prepared much beyond their practical needs were likely wasting their time, effort, and money. A degree of readiness that would enable safety and comfort in the aftermath of the most common and even the most catastrophic of known disasters would be nothing like the preparation or lack thereof that exists at either extreme. We shiver at the prospect of being utterly unprepared, especially given the known fact that disasters, whether isolated or widespread, strike hundreds of thousands of Americans each year. On the other hand, we believe that planning should not be all-consuming. You should not overextend your money in order to prepare, nor should you allow the dangers you face to interfere with

your capacity to enjoy day-to-day living. You should not prepare from a fearful mindset. Following Hurricane Katrina, we observed a lot of folks who might have had it easier if they had planned ahead and respected Mother Nature's destructive skills. Those who believed the world was on the verge of apocalypse before the Y2K panic undoubtedly ate a lot of rice for a long time after the New Year went peacefully. Every one of us strives to live a balanced life. Within that area, good preparation is essential.

1.1. Storing Water

Will you have adequate water in the event of a disaster? The average American consumes about 1,600 gallons of water every day. Stop calculating numbers in your head. Yes, a human would very surely drown if they drank that much water in a single 24-hour period. I use the term "consume" to imply "use," which is the most appropriate definition of the term. Consider how many times a day you turn on the faucet, take a hot shower, or flush the toilet. These three simple instances are among the most important banal water consumption we must evaluate while seeking to understand how much a single human depletes local water supplies each day. If you imagine bigger, a drop of water that fell on a wheat field this afternoon will end up in my sandwich bread in five months. You'll need a lot more water if you're creating a ham sandwich. Around 52 liters of water are required to make one glass of milk. A quarter-pound hamburger requires about 600 liters of water to prepare. 2,800 gallons of water are used to make one pair of jeans. Our daily actions have a significant water impact. Survival necessitates the use of water. The intricacy of a person's culture is determined by the amount of water consumed. While living in a first-world country may appear appealing at the moment, it is impossible to do so for long lengths of time in the case of a man-made or natural disaster. During disasters, the ability to aid large groups of people living in densely populated areas is severely hampered. Take into account the likelihood of your water supply being cut off or contaminated. Who will make it to the other side alive? Those who have access to safe drinking water will survive once the dust settles. The human body can only survive for three to five days without water. Regardless of what type of apocalypse disaster you fear is approaching, ensuring a safe water supply should be your top concern. Drinkable water will be in high demand and in short supply in the event of a calamity. Once you've calculated how much water your family consumes on a daily basis, it's time to consider where you can obtain safe drinking water. Clean water is distributed to houses in first-world countries by

a sophisticated network of pumps, pipes, filters, and chemicals that make open-water sources drinkable. These expensive systems benefit the population by providing life-sustaining water in a timely way. People who live in densely populated areas will undoubtedly be able to store this water in appropriate containers. To treat municipal water, chemicals such as chlorine, fluoride, aluminum, and ammonia are often employed. Ammonia has had to be introduced in recent years. Chloramines are created when chlorine combines with it, and they have been found in 20% of American water supplies. The quality of the water is decreasing to the point that wastewater treatment plants produce water that is purer than municipal water treatment plants. The waste-water industry's largest challenge is the psychological barrier to the end outcome of wastewater treatment plants. The removal of unwanted components will be covered in the purification section of this chapter. If municipal water is your sole source of water, your only alternative is to store enough to go through the storm. I'm not rejecting this response; it's excellent. A trip to a third-world country will make you realize how fortunate we are in the United States to have municipal water systems. On a trip to Nicaragua to drill wells, I learned that some of the water that comes out of the tap should be collected and preserved. It's possible that you're in the middle of a quick shower when the water abruptly stops flowing. "I was wondering what the bucket in the shower was for when I first came in for a shower," a prepper once commented. I didn't make that mistake again, and if there was any water, I made sure to fill the bucket first. It made me wonder if the source of that water was treated, and if so, how and with what chemicals. When I travel, I now make it a point to have a good water filter with me, such as a Sawyer Mini." Our overriding purpose for a disaster water strategy is as follows:

- Storage
- Purification
- Resupply

Drinking water is something we sometimes take for granted, but it's critical to maintain a steady supply in the event of a crisis. There isn't

anything more vital or readily forgotten in the world than water. It's right there when you turn the faucet on. It's ready to use and typically trustworthy. Water isn't often associated with much consideration. It's the world's most basic material. When you wake up thirsty and hop out of bed for a quick drink, you don't think about water safety or how you're boosting your health. In essence, it's your body perceiving something the mind doesn't usually notice. When it comes to preserving your health, nothing is more important than water. Those who are new to preparation may not realize that something so simple might take a significant amount of problem-solving. When acknowledging water's importance to living and determining how the family would survive if traditional means of getting safe supplies ran out, the more intricate nature of water becomes obvious. When there isn't any water available, time is of importance.

Keeping track of drinking water is one of the most important aspects of being prepared. It will take some serious work from those who are preparing for the aftermath of a tragedy. For those who are unprepared, safe drinking water might be a life or death situation. It's a basic requirement for survival; thus, it's a high priority. The rule of threes encapsulates this perfectly. A shortage of fluids, in addition to your inability to maintain a correct body temperature, would very certainly result in your death. The rule stipulates that a person may only go three days without drinking water before succumbing. There isn't much more urgent than that. Water, however, isn't a worry-free resource. It's rather substantial. It's rather large. If it isn't filtered in some way, the presence of impurities poses a danger of sickness, making life much more difficult. It's a preparation area with a few stumbling blocks. Filling a couple of large jugs and moving on to the next stage of the planning process isn't going to get the job done. For individuals who find themselves in survival scenarios or are otherwise removed from the safety and comfort of their preparedness at home, a shortage of clean water and the inability to filter it would be a major problem. If you don't discover a safe supply of drinking water before three days, you'll be in serious trouble. Preppers who are preparing their stay-at-home strategy should

consider all of the factors that might affect water supply and design a number of solutions that accommodate family demands. When it comes down to the bare essentials, water planning seems fair. A decent strategy would include some storage, the capacity to gather water, and the ability to make potentially harmful water safe to drink if the circumstances called for it. The devil, like most things in life, is in the details. Depending on where you reside, water plans may change. Those who live on many acres in the country would be able to store large quantities of drinkable water. It wouldn't be a significant issue. From a storage standpoint, the family living in the compact, urban, two-bedroom flat may not be able to go as far as they'd want. Collecting water from the environment would need significantly more resources. Those living in the southwestern United States' deserts would have to put forth a lot more effort to acquire water from the environment. Those who live in the wooded areas of the country's northeastern section get a lot of rain, and with the correct containers, they can store a lot of it. It only goes to demonstrate how important it is to plan beforehand. Anyone — regardless of where they live — could come up with some smart alternatives that would give acceptable safety via planning. Meeting the water component of a well-thought-out preparedness plan necessitates a degree of thinking that most people lack. In this region of the globe, clean and safe water is seldom a concern for families, and as a result, it isn't taken as seriously as it might be. The United States' drinking water is often rated as among the cleanest in the world. The United States of America is in a fantastic position. When traveling overseas, people frequently exercise adequate caution when it comes to water safety. Those same people would turn the knob on a drinking fountain anyplace in the house without hesitation. On a daily basis, Americans are lucky to have such a crucial resource so easily available and without cause for concern. Prepping, on the other hand, isn't about the bright and sunny Saturday afternoons. A multitude of catastrophic scenarios might make it difficult for you to get clean, drinkable water. Power outages may affect people's ability to get water from their wells. Long, widespread outages might cause serious problems for those who are unprepared. In such a situation,

store shelves would empty of bottled items far faster than you may expect. Municipal water mains may be damaged by earthquakes. Tornadoes have the potential to destroy filtration plants as well as damage pipes. Regardless of where you live, water planning offers a wide range of "what if?" scenarios to consider. Flooding is a widespread occurrence, and it is the most prevalent natural catastrophe in terms of contaminating drinking water supplies. Flooding causes more property damage in the United States each year than any other natural catastrophe. In a given year, natural disasters cause more damage in the United States than any other type of calamity. Floods also have the potential to endanger the public's health. Regardless of their magnitude, these are extremely stressful situations for families.

Water systems are one of the most pressing problems for government agencies when it comes to flooding, both as the floods rise and as they recover. When floods occur, advancing waters transport bacteria, chemicals, sewage, oil, and a variety of other pollutants into private wells and public networks. Families might not always expect a quick return to routine. Those who drink from wells will almost certainly need to get their water tested for pollution when the floodwaters recede. Before residents are given the green light to resume regular living, wells may need to be repaired. After floods, those served by municipal systems are frequently subjected to boil orders. What seems little on a daily basis might become a huge annoyance or worse in the event of a calamity. Planning ahead of time gives you the best opportunity to securely and pleasantly bridge the distance. In some situations, the body's water requirements may make satisfying emergency demands more difficult. Few individuals think about how much water we drink on a daily basis or how frequently we drink. Consumption requirements may appear insignificant as you go about your regular routine. However, for some, comprehending the substantial amount of space required to hold the amounts of fluids we require for everyday health when compounded over longer periods of time might be challenging. According to experts, the average individual needs two to three liters

of fluids each day only to compensate for what the body loses as a result of normal life. Fluids are lost in a variety of ways, including sweating and breathing. Those average requirements don't include the water you'd need to wash dishes or make meals if you didn't have the usual supply. Those engaged in the strenuous effort that characterizes survival or recovery circumstances would sweat significantly more than usual, necessitating even more fluid intake to stay in balance. It's fascinating to consider how preppers might cope if their preparations were restricted to only storage. The amount of water required would swiftly mount. To account for consumption, cooking, and cleanliness, a standard suggestion proposes conserving at least one gallon of water per person each day. Consider the calculations for a four-person family. The family who stashed 12 liters of water is safe for three days. To get by for three weeks, they'd need 84 gallons. A survivalist who hasn't considered anything beyond collecting and wants to cover the same household for three months will require 360 gallons of water. It equates to little more than 48 cubic feet of space. The determined, take-no-risk prepper who relies on storage and lives in an urban or suburban setting may be disappointed. He'd undoubtedly realized that storing a whole year's worth of water for the entire family in the same way he'd stored food would be difficult. A 1,500-gallon water tank would be adequate for storing that year's supply. However, neither the neighbors nor the zoning authorities are likely to approve of that choice. Models of that capacity that are above ground have a diameter of about eight feet and are roughly five feet tall. Water takes up a significant amount of space. The amounts needed for optimal health and the space required to retain it aren't provided to overwhelm but rather to illustrate that a healthy water plan may be attained through a variety of methods. Starting with an assessment of how much you might fairly stockpile for a stay-at-home rehabilitation could be a good place to start. You might gather rainwater to supplement your emergency supplies. Other choices, including filtering and chemical disinfection, might subsequently be considered by a prepper, allowing you to render water safe whenever and wherever you are needed. It needs some know-how

and the correct equipment to provide safe and abundant water. In the event that you are left without enough safe fluids, a careful prepper would always have some methods at hand. Beyond the home, planning would extend to the automobile. It's a good idea to have a well-made go-bag, and water is a crucial component. You wouldn't have to worry about where you'd obtain your next drink if there was a calamity impacting hundreds of millions of people. You may conjure up a variety of scenarios in which you can be put in jeopardy due to a lack of water. If the vehicle battery died and he was out of mobile phone range, the hunter who drove deep into the forest with nothing but a few foods, a gun, ammo, and his canteen may be in trouble. The eager but unprepared boater stranded on the ocean would face the terrible irony of being surrounded on all sides by water yet unable to drink. The first important step ahead is to think about water and figure out how to deal with any situations that may disrupt supplies. Various authorities make various recommendations for household planning. FEMA recommends that each family member have a three-day saved water supply. Some organizations, such as the American Red Cross, recommend storing water for at least two weeks in case of an emergency. Preppers would like to improve. When realizing that most individuals fail to anticipate even that far ahead, both the three-day and two-week ideas set goals that are feasible, provide some amount of cushion, and would not overwhelm families. Common sense, on the other hand, would hardly suggest that a strategy confined to a short-term supply with nothing more to fall back on would be too safe.

Right tools, the right know-how

Consider how powerless you could feel if you're thirsty and haven't been able to find a means to quench it. When it comes down to it, the unprepared have few to no alternatives left in the event of a water disaster. It would take a lot of luck to make it through. Natural water sources are abundant in many parts of the nation. When weighed against the urgency of dehydration, drinking untreated

water without knowing its safety cannot be considered the lesser of two evils. It would only serve to exacerbate an already poor situation. The picture of a frontiersman putting his hands into a frigid, rushing stream to quench his thirst is one from history that wouldn't be wise to imitate in today's world. Natural streams may appear to be pure and pristine, yet they may be teeming with a variety of harmful substances, such as agricultural runoff or chemical pollutants introduced by the industry. It's impossible to say. Every year, many individuals fall unwell as a result of unintended ingestion when swimming in public waterways such as lakes, seas, and even chlorinated pools. The Giardia lamblia parasite is found in natural waterways, whether it's a stagnant pond or a clear, trickling stream. After a disaster, it might become a problem in wells and municipal systems. The parasite causes a variety of symptoms, including stomach cramps and bloating, as well as severe diarrhea. Cryptosporidium is another waterborne pathogen that can cause diarrhea, stomach discomfort, nausea, and vomiting. Those in survival mode would do well to pause and consider those ailments should natural waters entice them. In a water emergency, drinking polluted water despite your great thirst might increase your already substantial dangers. Diarrhea and vomiting will cause your body to get dehydrated much faster. Without the extra pressure of a parasitic infection, dehydration occurs fast. Those preparing, realizing the need for water, would not take any chances, whether at home or elsewhere. Preppers who are planning to leave their homes should have their go-bags ready and packed with enough supplies to cover food, water, and shelter. The bag's water component would have enough clean water to carry you through the day, as well as means to gather and purify water. The survival situation best exemplifies the significance of being able to provide for water in ways other than what is stored. A gallon of water is more than eight pounds in weight. The go-bag, which is intended to last three days, would be useless to a survivalist if it contained 24 pounds of water. It would be impractical only to store it because of the amount of room required. In contrast, a lightweight tent for your go-to bag that can sleep two people and weighs less than four pounds would be less than four

pounds. Meanwhile, the one-gallon container, at double its weight, would be insufficient to keep the same two persons hydrated for the first day. There are better options available. It all starts with some knowledge. It's worth remembering that rainwater is safe to drink as long as it's gathered in a way that doesn't expose it to toxins. In terms of home storage, rainwater is a fantastic alternative. It's completely free. It's self-sustaining. It isn't trustworthy in a survival situation unless, of course, your troubles are severe. It isn't trustworthy in a survival situation unless, of course, your sufferings coincide with some storms passing through. Some natural waterways are safer options than others for persons in need. Springs and artesian wells have long been thought to be safe to drink. Despite this, you should use caution in recognizing that nearby ground pollution might jeopardize your safety. If at all feasible, anyone gathering from natural waters with the intention of purification should draw from flowing rather than stagnant streams. The easiest and most reliable approach to ensure your water is safe to drink is to use a saucepan and a heat source. The host of bacteria that provide the greatest danger of waterborne sickness would be killed by boiling. Bacteria and parasites are often thought to be eliminated by maintaining water at a rolling boil for five minutes. Those who live at higher elevations may want to prolong that period. After it has cooled, it is ready to eat. Some think that water would be safe to drink if it was boiled for less than five minutes. Some experts believe that one minute is enough time to do the task. However, in the aftermath of a disaster or in a survival crisis, it is not the time to take excessive chances that might make an already tough situation much more dangerous. On the other hand, you might recall that boiling for longer than required would only convert more of that water supply to steam. Five minutes seemed to be a reasonable compromise. When conditions necessitate drinking from dubious sources, there are a few chemical options that might help you stay safe. You may put some iodine pills in your go-bag or keep a supply in the car. They are designed primarily for water filtration and are commonly found in camping and sports goods stores. It's a compact, lightweight, and affordable backup alternative, but it's also one that

makes me nervous. Although iodine pills are efficient at eradicating many hazardous bacteria, including E. Coli, you may still be at risk of cryptosporidium infection if you take them. It's not the handiest or most comfortable way to get clean water. The procedure takes about a half-hour or more, and the iodine leaves a nice white residue. The procedure takes about a half-hour or more, and the iodine has a strong aftertaste. Another option for disinfection is to use regular home bleach. Bleach, like iodine tablets, isn't a reliable way to stay safe. It does increase your chances of staying healthy. Some germs that might cause health problems are killed by chlorine bleach, but not all. If boiling over-bleach is a possibility, the US Environmental Protection Agency advises it. Those who disinfect with bleach would add eight drops to a gallon of water. If you choose this approach, make sure to mix thoroughly and let the water settle for half an hour before drinking. When it comes to water safety, the cheapest, most common bleach is the best option. Make sure you use unscented bleach instead than scented bleach. It normally has a chlorine content of 5 to 5.25 percent. As you might expect, color-safe and pleasant-smelling products are better suited for your laundry than they are for your drinking supplies. The greatest instruments for ensuring water safety are only a small financial outlay. Filtration devices, both for the home and for the go-bag, would go a long way to assuage your concerns about the feasibility of your water plans. The greatest filters may convert even the murkiest water into something clean, safe, and eventually tasty to drink. Recognizing that it's a question of family safety, you'd want to be sure to invest correctly in high-quality supplies. You should read before you buy to ensure that the product you're considering is trustworthy and capable of eradicating germs and other impurities. Many of the less expensive and widely accessible water filtration machines were created with the goal of enhancing the flavor of water rather than addressing contaminants. Berkey filters are well recognized among preppers and the survivalist community when it comes to residential systems. They've been found to eliminate a range of pollutants to undetectable levels, including viruses, germs, parasites, and toxic compounds that may cause problems during a crisis. They are,

however, hazardous compounds that might cause problems in the event of a tragedy. They are, nevertheless, rather expensive. The most basic versions cost more than $200. When purchasing with readiness in mind, and especially if purchasing for a family of multiple people, larger units make significantly more sense. A hand-pump purifying system should be considered while constructing go-bags. Small, lightweight pumps, like those made by MSR and Katadyn, are particularly effective in removing pollution from natural water sources. They produce crystal-clear water that may be pumped into a bucket or a camelback bag. Pumps range in price from less than $100 to more than $300 for some types. It's money well spent for individuals who enjoy spending time outside, and it may come in handy if you find yourself in survival mode. Many of the top-rated filters, whether for the house or for travel, are known to accomplish some really incredible jobs, even with some very bad water. Using the purest water available is still in the best interests of users. Those who must use debris-laden water should at the very least pass it through cheesecloth to remove bigger particles of sediment. You may also filter water through a parfait of sand and gravel to mimic ground filtration and achieve the same results. Without that little foresight, filters grow filthy more rapidly. Those who are dealing with a water emergency may combine some of these techniques to ensure their safety. Boiling, for example, would kill all those terrible tiny bugs, but it would leave the taste-sensitive in a bad predicament. Many people may have a hard time stomaching brown and foul-smelling water. In terms of pathogens, boiling would provide some assurance. All other contaminants would be removed by a filter, leaving pure water that people are accustomed to drinking. The same may be said for eradicating the iodine and chlorine tastes left behind by pills and bleach. All of these options provide varying levels of protection, but they all assume that water, whether safe or not, is easily available. Those who live in areas where water is scarce should have the materials necessary to build solar stills in their automobiles and carry-on luggage. It doesn't take much, and it may save your life. Solar stills are simple devices that extract clean, pure water from the ground or nearby plants using sunlight and

condensation. Dry riverbeds are ideal for setting up a camp, as long as people in survival mode can locate them. In that instance, the first step would be to dig deep enough to discover some moisture.

1.2. Food Storage

When seen from the perspective of the place of preparation, food planning and storage present another fascinating illustration of how dramatically society has evolved within the previous half-century or so. It's a topic that individuals new to preparation may find to be a significant shift from their normal routines. However, keeping a sufficient amount of food on hand to guarantee that the family can meet their long-term needs is not a novel concept. Many of the measures made by preppers today to guarantee that their families will have adequate food in the event of a calamity were commonplace just a few generations ago. Food used to take a lot more thinking and work, even if it was just for a short period. It wasn't long ago that having only a week's worth of food on hand may have caused serious concern in households. Today's standard is a week's worth of food. There are more possibilities now than there were back then. Things are easier now, but it's still prudent to plan ahead now as it has always been. Should calamity hit, the family that is prepared and has a sufficient amount of food in the house will be considerably more comfortable than the family that is hoping and waiting for assistance with no guarantees. Many people, believe it or not, still have a long-term food sensitivity. Preppers will, among other things, establish large gardens and perform some canning during the harvest season, much like their forebears did. These are useful talents to have, and they make delicious meals. It's a tradition that hasn't died out among our country's rural residents. Hunters, if they're lucky, always have a nice supply of game in the freezer when they're out in the field. It will feed you for the rest of the year and until the following season arrives. It's how people have always done things. Long-term planning is now a lot easier than it was for our ancestors, thanks to modern technologies. Some preppers will rely largely — sometimes completely — on commercially available shelf-stable foodstuffs because of a lack of room, ability, or interest in using more traditional methods of food stockpiling. Canned meals, freeze-dried foods, dried grains, and other items can last for years, if

not decades. They let the family eat properly and worry-free in the event of a crisis that causes the rest of the community to fear as grocery shops begin to empty. Those who have never experienced anything other than checking off their grocery lists on a weekly basis may find that degree of planning unusual. It's more a result of our culture's short memory. Long-term food storage has been practiced since the dawn of civilization. Technology has made day-to-day tasks easier, but it has come at the expense of being prepared for the unexpected. The shift in American society's attitude toward food has been as significant as it has been swift. Food has become an afterthought for many people in the current day. It's a throw-away society. You eat when you're hungry and don't have to put in a lot of effort to get anything to eat. When time is short, or groceries are running low, the drive-through down the road is generally seen as a cheap and trustworthy option. In both urban and suburban areas, fast food restaurants are rarely more than a few minutes away from any residence. There are more than 160,000 of them in the United States now. country. When calamity strikes, that all-too-common bond with food might lead to major problems. Those whose mealtime planning and habits consist only of restaurant visits and stocking their kitchens with a few necessities are setting themselves up for hunger in the event of an emergency. Our grocery stores, like the majority of the people they serve, do not stock up on long-term supplies. When calamities or even fear caused by short-term difficulties strike a community, store shelves can suddenly go barren. Even in our current day, history has demonstrated that preppers aren't dealing with the undocumented and hypothetical when it comes to long-term food planning. Stores do, in fact, close. It was in Haiti that I saw it. It occurred after Hurricane Katrina. Even in occurrences on a much lesser scale, it occurs. Those who are new to meal preparation may have some reservations about going even a few days without a quality meal. After snowstorm conditions in December 2010 handed street personnel more than they could manage quickly, a lot of food stores in New York City fell empty and remained desolate for many days. Grocery shops refill supplies as they sell them, and they rely on a steady stream of deliveries to keep

their shelves supplied. Drivers were unable to make their scheduled delivery due to the snow. Customers emptied out the food stores, leaving those who arrived late to wonder what they would do in the meantime. Consider the vulnerabilities that exist among the resources accessible to them. A devastating tornado in small Leakesville, Miss., in 2011 demonstrated the importance of having enough food in the house as insurance against the unexpected. The hurricane wreaked havoc on the village of a little over 1,000 people, causing considerable damage to its lone grocery store, which was also the only one for miles.

Impatience and frustration characterized the recuperation phase. For many residents, food became a serious problem. As local storeowners awaited the repairs needed before they could safely reopen their doors, families facing reconstruction faced long travels to refill their own shelves. Major catastrophes are likely to have a long-term influence on the food supply. The effects of Hurricane Katrina on New Orleans lingered long after the cleanup was completed. The food crisis in 2005 extended beyond shop closures just prior to and during the storm's immediate aftermath. The decisions of store owners to close their doors had a far-reaching influence on many areas. Only 19 full-service supermarkets had reopened in the city as of January 2009. Before Katrina, New Orleans had approximately half as many supermarkets as it has now. Given the large number of individuals in that city who do not own a car, the business actions were more destructive than some may believe. Fresh, healthful, and adequate foods were difficult to come by for many of the city's lower-income residents. In order to account for dietary demands in the aftermath of a disaster, a shift from today's usual eating habits is required. Many people take food for granted, and it's not difficult to see why on any given day. Preparing food necessitates a return to the vigilance that food demanded from humans in the past. You can, and should, make use of contemporary conveniences. When individuals become overly reliant on all of the conveniences technology provides, risks emerge. Take a moment to recall your own childhood. Younger people might

inquire about their parents or grandparents. Cooking was not seen as a pastime or interest in the same way that it is now. It was a requirement on a daily basis. Speed and convenience have truly become society's primary goals. People used to go to gas stations with little goals other than filling up their tanks and sometimes topping up their windshield wiper fluid, believe it or not. They weren't presented with vast areas brimming with ready-to-eat fast food. Some people nowadays prefer to eat their meals behind the wheel of their car rather than at the dining room table. To obtain a clearer understanding of what you need to do, those new to preparing should take inventory of their eating patterns. With a brief glance at the food supply, you may easily see how your own attitudes compare to readiness goals. You should consider whether you could go a few weeks or perhaps months without eating out, visiting a petrol station, or going to the grocery store. Those who answered yes have a significant advantage. There were far too many who couldn't. Everyone should keep enough food on hand to meet their family's requirements for a few weeks at the absolute least. If a severe storm hit and there was a major, widespread power outage, going to the food shop could be out of the question. Furthermore, fast food restaurants would be unable to operate their grills, and pizza delivery drivers would be unable to answer the phones. During a calamity, everything is different. Many people who haven't gone through such adversity find it difficult to comprehend. Preppers would rather not fall into those traps. Many preppers store enough food in storage to last many months in order to stay ahead of any potential risks. Some others believe they can go much further. Those that live in a tornado-prone location may consider the many things that might alter in a matter of minutes. It's possible that you'll be without electricity for an extended period of time. You can bet that the businesses you rely on for short-term food purchases will close down to deal with their own losses. It all comes down to your thinking, as it does with so many aspects of preparation. To get a flavor of what food planning was like before our contemporary period, you wouldn't have to go that far back in time. Regular efforts decades ago would have put today's families in a lot better position to handle an emergency easily.

Change happened swiftly. It's worth noting that barely a fifth of American households had microwaves in 1986. Today, almost everyone has the appliance, and hence the capacity to warm a frozen TV supper in a matter of minutes. It may be recognized by a survivalist as nothing more than a metal box without a power supply. The elderly among us will recall how different things were when it came to feeding the family when they were younger. Back then, well-planned, home-cooked dinners were unquestionably the standard. They ate a well-balanced diet. They ate more slowly and acknowledged dinnertime as an essential time for family bonding. The change, on the other hand, extends beyond nice feelings of delicious food and great company around the huge dining room table. People planned beforehand. Mothers and grandmothers didn't have to scrounge a hasty meal together minutes before dinner time. They seldom had to run out of supplies at the last minute before putting together those famous dinnertime creations. Recognizing that shopping day was still a day or two away, they didn't have to do their best with the final few items in the cupboard or freezer. Families back then generally kept a large amount of food on hand. They also didn't consider the possibility of having a large quantity on hand. Their neighbors followed suit. Because self-reliance was the only dependence they had, they stockpiled as a matter of habit. Life was certainly different in a number of ways. People used to rely on their land more than they do now. Many individuals had to save enough food throughout the growing season to eat over the winter. It wasn't referred to as "prepping." There was no name for it. It was just a matter of surviving.

1.3. Hygiene

Cleanliness is regarded to be second only to godliness. We don't know if this is true or not, but it is unquestionably linked to health. While the lack of flowing water, much alone a functional water heater, might make washing up difficult, keeping decently clean in the aftermath of a collapse is not impossible.

Off-Grid Toilet Facilities

Toilets will flush even if there is no flowing water in a short-term emergency. All you have to do now is fill the tank with rainwater to get started (no pun intended). Sewer pipes, on the other hand, will back up in the long run, leaving waste with nowhere to go. As a result, you must plan ahead. Chemical toilets, which can be obtained at almost any camping store, can work, but you'll need a supply of the chemicals to handle the waste. One of the following DIY solutions could be a better fit for you. A toilet seat may be attached to a five-gallon bucket. You may also purchase seats that are specifically designed for this purpose. Add a couple of inches of sand to the bucket. Keep a second bucket of sand with a scoop handy. After you've finished your business, sift some sand over the waste and add some baking soda or powder laundry detergent to aid with smells. You'll need to empty the bucket after it's approximately half-full; otherwise, it will become too heavy to transport. Remove the sand and replace it with heavy-duty waste bags for a similar effect. Make sure they're replaced while the bag is still mobile. It would be really inconvenient to be carrying a large bag of trash and have it burst open.

Digging a latrine is another option, albeit it requires a little more effort. You'll need a trench that's at least a couple of feet long, two feet broad, and a couple of feet deep. Simply straddle the trench and accomplish what has to be done. Shovel a little earth back over the excrement after each trip to the toilet. Place the toilet at least a few

hundred feet away from any source of water. Few of us have the storage room to keep a year's supply of toilet paper. Feel free to do so. But for the rest of us, we'll have to come up with something else to do. Old periodicals, as well as newsprint, could work. However, I recommend saving old shirts and socks. Rather than throwing them away as they develop holes, cut them into four or five-inch squares. For the time being, just put them in a bag or container. Set up a covered bucket beside the toilet when you need to use them. Fill the bucket with a strong bleach solution halfway. Wipes that have been used are thrown into the bucket. When it's full, or you've run out of wipes, stir the water with detergent or soap to wash the wipes. Dump the water and rewash them with extra water and soap, then thoroughly rinse them. Hang them to dry before putting them back in the stack to be reused. Cleaning your hands after using the restroom is one of the most important things you can do. This is something that cannot be overstated. Keep a bottle of hand sanitizer near the restrooms as a simple option. Because prolonged usage might dry up the skin, it's a good idea to keep some lotion on hand. Keep in mind that the sanitizer's alcohol content permits it to dissipate fast. After utilizing an open flame, avoid placing your hands near it. This includes starting a cigarette, as alcohol fumes may be extremely combustible.

Laundry

Laundry is another item about which you may not need to be concerned in a short-term setting.

However, when arranging an event that may last weeks, months, or even longer, we'll run out of clean clothes sooner or later. Laundry by hand, unfortunately, is time-consuming and demanding. Once you've done it a few times, you'll understand why the invention of the motorized clothes washer was such a boon to homes all around the world. You'll also wonder if wearing denim jeans all of the time is a good idea. There are a couple of approaches you may take. You could get a corrugated washboard and a big tub and go old school.

Fill the tub halfway with water, add the detergent, and scrub vigorously. Use Seventh Generation or Mountain Green biodegradable laundry soap. Rinse the garments and hang them to dry in a separate tub of water. The washboard is optional. Soak the garments for a few minutes in a pail of soapy water. After that, slam them against a huge rock to scrape away any persistent stains, then rinse and hang. Building a washing machine out of a bucket is the third way, and it's probably the most gentle on your back and arms. Begin with a matching lid for a five-gallon bucket. You'll also need an old-fashioned rubber toilet plunger that's clean. Cut a hole in the top of the lid, just big enough for the plunger handle, directly in the center. Cut three or four half-dollar-sized holes in the rubber end of the plunger using a sharp knife or razor. Evenly space the holes. Add soap and half-fill the bucket with water. Add a couple of shirts or pants, the plunger, and the lid over the plunger handle. For a few minutes, agitate the garments by moving the plunger up and down and side to side. There's no need to churn butter here; simple, steady motions will suffice. The cover is intended to keep water from spraying all over the place, but you should still expect to get wet. Keep a tiny scrub brush handy for removing ground-in dirt. Wring out the garments into the bucket after they're clean (or as clean as they'll get), then rinse them in another bucket before hanging them to dry. Obviously, if you're washing clothes for the whole family, laundry will take the greater part of a day, regardless of the technique you employ. However, this is a task that toddlers may readily handle. Remember to recycle water by utilizing it in the garden or for bathing. This is why we recommend using a biodegradable detergent that is devoid of harsh chemicals that can hurt you or your plants.

Bathing

Purchasing a camp shower is a highly practical solution for general bathing. You fill a heavy-duty black plastic bag with water and hang it from a tree or pole. The water in the bag is heated by the sun. While it won't be scorching hot, it'll be considerably better than a pail of rainfall dumped on your head. A little hose and nozzle are

incorporated within the bag, allowing you to direct the water where you want it. I'd recommend putting a container on the ground for you to stand in when showering, so you can catch the runoff water and reuse it in the garden or something. Another option is to erect a ladder and have someone really pour buckets of water over your head. To make this a bit more pleasant, you may heat the water over an open fire. Consider spreading tarps or even old bedsheets over clotheslines to create at least a measure of seclusion for either of these options. You'll have to resort to sponge baths if water is limited enough to allow for true bathing. It may seem impossible, yet it is feasible to clean your body well with less than two glasses of water. Use the first cup to dampen a washcloth and use a bar of soap to make some suds on it. Wash your entire body, focusing on your underarms, groin, and feet. Then rinse with a second washcloth and the remaining cup of water. Of course, this isn't the ideal option, but it's probably the best given the circumstances. To get you through the crisis, stock up on soap and shampoo. Remember, it doesn't have to be high-priced brand-name merchandise. You don't need a high-gloss sheen; all you want is to be clean. Asking family and friends to preserve hotel shampoos and soaps for you when they travel is one method to perhaps save a few dollars. My wife's acquaintance often travels for her profession and gathered a huge box of hotel shampoo, body wash, and conditioner in only a few months.

Tooth Care

Toothbrushes are inexpensive, and there's no reason why you shouldn't be able to stock up on them. Toothpaste is also reasonably priced if you stick with store brands. It's critical to take care of your teeth, so do everything you can to stock up on the appropriate supplies. Don't forget to floss your teeth! If your toothpaste supply runs out, you may prepare a workable substitute out of salt and baking soda. Combine the two components, one part salt to two parts baking soda, in a mixing bowl. Brush normally after sprinkling a

little on a toothbrush. It won't taste fantastic, but it will help to keep your teeth and gums clean. If you first pound the salt using a mortar and pestle or a rolling pin, then combine it with the baking soda, it will work better. It's also a good idea to use a high-quality mouthwash. While your supply may not last indefinitely, limiting just a few bottles might keep you going for a long time. By combining hydrogen peroxide and water in nearly equal amounts, you can manufacture a usable mouthwash. It won't taste minty fresh, but it will get the job done. While swishing with alcohol, such as vodka, may kill microorganisms, it's usually best to save such drinks for trading. The aim is to protect your teeth as much as possible, not to have great-smelling breath. Abscesses and other dental problems can be not only uncomfortable but also dangerous. You're also unlikely to have easy access to a dental facility for assistance if problems arise. If a tooth becomes infected, the only option may be to remove it from the equation entirely.

Waste disposal

We will create some garbage, regardless of how thrifty we live, whether by accident or deliberately. Most of us currently store such things at the end of the driveway, where it mysteriously vanishes every week or so. Other filthy things are pulled down our drains, hopefully never to be seen again. However, if the garbage collectors no longer come and functional flush toilets are a thing of the past, you'll have to deal with this waste on your own.

Garbage

Perhaps we shouldn't be surprised, yet the quantity of waste generated by the average household in only one week astounds us. Filling a whole fifty-five-gallon garbage container, frequently with a bag or two on the side, is a matter of course for many houses. Part of this is due to the fact that we live in a disposable world where few items are meant to endure, as well as the prevalence of convenience

meals, which come in a variety of boxes and plastic containers. After a collapse, you should be able to burn a significant amount of your trash. Take a good, long look at the rest of it and see if you can find a way to reuse at least part of it. Plants might be placed in plastic bowls, for example. Filling tin cans with pebbles and placing them near doors and other locations might be used to make DIY alarms that "sound off" if someone passes by. The aim is to think outside the box in order to limit the quantity of trash you actually need to dispose of. Of course, whatever is left must be dealt with. Burying it is definitely the best solution if you have enough area. Keep it away from natural water sources and bury it at least a few feet deep to avoid creatures digging it up. If you reside in a neighborhood, another alternative is to designate a specific location to be used as a dump. This should ideally be on the outskirts of town. Encourage everyone involved to reuse everything they can before it goes to the landfill.

Human Waste

Human waste that has accumulated within the home can be disposed of in a variety of ways. The first option is to just bury it. Dig a hole at least three feet deep and a couple of hundred feet away from any source of water. I recommend digging the hole first, then emptying your buckets or whatever you're using for an indoor toilet into it on a regular basis. Sprinkle dirt over the garbage each time to help decrease smells. Fill the hole fully with rubbish when it reaches near two feet of the top. After that, go on to the next spot and dig a fresh hole. If you're using cat litter or sand in your makeshift toilet, this is the choice to go with. If you have ladies who will be throwing their old hygiene items in the trash, we recommend putting a layer of gravel before shoveling in the dirt. This will help prevent predators from being drawn to the area by the smell of blood. The garbage can also be burned as a second alternative. Allow it to dry in the sun for a day or two before adding a few drops of kerosene or gasoline to

make it easier to ignite. This is not the finest solution, but it will suffice if you don't have any other choices.

Composting human waste and then applying it to the gardens is one option. You'll want to keep the pee and feces separate if you go with this method. This will, of course, be immensely easier to accomplish while, ahem, depositing it rather than thereafter. Pour the pee into a jug using a funnel and rubber tubing. Urine is abundant in phosphorus and nitrogen, both of which are essential nutrients for plants. Allow a month or two for the pee to age before mixing it with greywater from your laundry or bathing. To keep the nitrogen from scorching the plant roots, mix one part of urine with eight parts of water. Fill the container with the mixture and pour it into the garden. Solids (feces, toilet paper) should be separated and placed in a different bucket. When the pail is about filled, cover it with a perforated lid and leave it to mature for approximately a year. Then, combine the aged feces with your regular compost. Yes, it takes eleven to twelve months to season. Remember, we're planning for the long haul.

Corpses

If there's anything more revolting than dealing with human excrement, it's the matter of body disposal. While we hate to put the remains of our loved ones in with rubbish and human waste, the fact is that something will have to be done with corpses, and it's unlikely that local funeral houses will be a viable alternative. There will very certainly be a large number of bodies that need to be attended to in the case of a total social collapse. Leaving bodies where they are isn't simply a health issue; it's also a major morale blow. Although the idea of employing mass graves does not appeal to us, it may be the best alternative, especially if earth-moving equipment such as bulldozers is still operational. The same regulations apply whether the grave is a mass grave or a single grave. Dig the hole deep enough to allow at least a few feet of earth to cover it. If pea gravel is available, lay a layer of it down before filling in the dirt. This will provide additional assurance that the remains will not be discovered

by creatures. Another alternative is to burn the bodies, which is possibly even less ideal than mass graves. The issue is that genuine cremation requires extremely high temperatures, about 1,600°F, which are just impossible to achieve in any type of funeral pyre. However, burning the dead will reduce the number of bodies significantly, necessitating the digging of a smaller grave. While we'd all like to treat corpses with respect, it's worth emphasizing that almost every Christian denomination, as well as science, believes that the body left behind after death is simply the vehicle in which the individual lived. The body no longer represents the individual.

Chapter 2: Becoming a Prepper – II



2.1. Staying Warm and Keeping Cool

One of our most fundamental necessities is protection from the elements. We'd expire soon if we didn't have shelter or clothing. OK, maybe not in minutes, depending on weather conditions, but we'll be suffering and unpleasant if there's no way to keep rain, wind, or snow off us. You'll ideally be allowed to stay at your own house or, at the very least, the home of a family member or close friend in the aftermath of a severe tragedy. Many possible difficulties may be avoided by having a roof over your head. The alternative, bugging out to unknown locations, is fraught with peril.

Clothing, Bottoms and Footwear

Your first line of defense against the elements is appropriate attire. The majority of us have whole closets stuffed with shirts, jeans, shoes, and other such items. However, consider how much of your outfit would be suitable for working outside. Here's the deal: you're going to wear whatever you have in your closet, right? Following all, you can't just walk down to Farm and Fleet and get some new boots and a great jacket after a collapse. That moment will have passed, and you will be forced to make do with what you have. It'll be your own fault if all you have in your drawer are ankle socks that are oh-so-cute but unsuitable for everyday usage. We are not suggesting that you go out and buy a whole wardrobe. If your closet is only comprised of expensive suits and dresses, you may want to invest in a couple of pairs of trousers, lest you find yourself weeding the yard while dressed in dress slacks. Prada, to our knowledge, does not produce a lot of apparel that is ideal for working out in the field. We'll begin at the bottom and work our way up.

This gets us to the subject of trousers and the like. Many individuals choose blue jeans for working outside, but as mentioned in a previous chapter, you may regret your choice when it comes time to hand-wash them. Sure, they're comfy and typically tough; nevertheless, when wet, they're quite chilly, not to mention heavy, and they take an eternity to dry. We like cargo pants made of a

cotton-blend material. We prefer them for no particular "tactical" reason. We really find them to be quite comfy, and the extra pockets are extremely useful. The most crucial factor is that the pants are comfortable to wear while working and do not weigh you down. Pick up some long underwear for the chilly months if you don't already have a couple of pairs. They've come a long way since we were kids, and they're now a lot thinner and more comfortable than they used to be. For the warmer months, you should also have a pair of shorts. Again, durability and comfort are more important than how well they show off your hips. High-rise shorts like "Daisy Dukes" and others aren't the way to go. Even if your pants and shorts fit great without them, pick up a few belts. A belt will come in handy for carrying additional items. We prefer leather belts, although fabric belts are also acceptable.

It is critical to wear footwear that is both practical and comfy. Thick socks should be worn to cushion your feet while also keeping them warm and dry. This is when wool socks come in handy. Keep in mind that many socks made today, particularly those found at budget retailers, will not withstand repeated washing and rigorous wear. Rather than looking for a deal, invest a few additional dollars in better quality. If you don't already have them, we recommend investing in a pair or two of sturdy work boots. Look for shoes with substantial soles and good traction, as well as some ankle support. Sneakers may be OK for going around the house and doing a few chores, but after a collapse, you'll almost certainly be spending a lot more time working outside. Plus, you'll probably have to deal with dangerous material like broken glass, which the normal tennis shoe won't be able to manage. If you live in a region where considerable snowfall occurs on a regular basis, make sure you have snow boots as well. While your regular work boots could be fine in an inch or two of wet, cold, and slick snow, we're betting your toes will be numb if there's more than that. When you get new boots, make sure you break them in properly. They must be worn frequently in order to become comfortable. You'll have enough on your plate after a tragedy without adding blisters and stiff ankles to the mix.

While we all believe that comfort should take precedence over style, you'd be surprised how many individuals who have grown accustomed to dressing to impress find it difficult to wear clothes that aren't flattering. Don't get us wrong: we think it's completely great to go out and buy apparel that's both durable and flattering—provided, of course, that your budget allows it. However, whether your boots match your belt or if you're exposing enough cuff beyond the jacket is far less critical than the durability and comfort of your gear.

Tops, Underwear and Outerwear

Shirts and sweaters are probably the one article of apparel we all have in plenty, right? Although individual women may have more shoes than shirts, the average skews toward tops when male members of the population are included. Durability and comfort, as I've always said, take precedence above brand name and aesthetic. Short-sleeve T-shirts, long-sleeve T-shirts, button-down shirts like flannels, and heavier sweaters or sweatshirts are all suitable options.

Some individuals perceive underwear to be a luxury item. What we mean is, how far down the priority list should this item be placed? We're guessing it's halfway between food and a means to charge your MP3 player. Underwear, on the other hand, helps to wick moisture away from an already hot part of the body, which can assist in reducing skin irritation. Wearing underwear is also more comfortable for many of us. Proper underpants may make jogging and other activities much simpler for people with parts that can bounce or hang.

There's probably no need to run out and buy many packages of new underwear as a future stockpiling. What I would say is that if you consistently run out of clean ones by the end of the week, you might want to supplement your supply a little. Make sure you have enough to last at least two weeks. As a result, the number of times you have to do laundry following a disaster will be reduced. For colder weather, don't forget long underwear—modern models are lighter and more comfortable than earlier versions.

You've probably noticed by now that most of the clothing categories have a common theme: be ready to spend a lot more time outside than you are right now. In the long run, you should anticipate being gardening, transporting water, cutting and stacking firewood, and other such tasks. As a result, you'll be exposed to the elements far more often and for longer periods of time. Outerwear acts as a "coat of armor," shielding you from the elements such as wind, rain, and snow. You might not have appropriate outerwear if you usually make a wild sprint from the front door to your car, driving out of a driveway

you paid to have plowed. I'm often shocked at how many individuals in my neighborhood who live in an area where the wind chill frequently drops to -20°F in the winter don't even possess a long coat. If this describes you, please read this section carefully. One of the most effective strategies to reduce heat loss is to wear a hat. Consider your head to be a chimney, with the heat from your body rising from it like smoke from a crackling fire. Even when wet, a wool knit cap will keep the heat in. If you reside in a location where the winters are bitterly cold, consider wearing a face mask or balaclava. Mittens are warmer than gloves, although they are inconvenient to wear when doing tasks. In any case, make sure your hands are kept warm and protected. Remember the part in A Christmas Story where the little boy's tongue gets hooked on the flagpole? If your hands are somewhat moist from sweat, this can happen just as readily. A waste bag with a hole for your head is just marginally better than those cheap rain ponchos you can get at the dollar store. You should invest a little extra money on something long-lasting and pleasant. With rain gear, a hood is also a must. We recommend investing in a nice parka for heavy winter gear. You'll want something that allows you to move around freely and isn't so bulky that it makes you feel like the Pillsbury doughboy. Bonus points if it includes a detachable lining, so you may change the level of warmth depending on the weather. While great outerwear may set you back in the three figures, it will also last you a long time. Consider this: if you spend $150 on a nice parka and it lasts you five years, you've made a $30 annual investment. That's a good bargain.

LAYERING

You've probably heard many times the sage advice to dress in layers when it is cold outside. This is especially important when you are exerting yourself—chopping or stacking firewood or conducting security patrols, for example. As you work, your body heats up. What you want to avoid is soaking your inner clothing with sweat. What will happen is that once you're done working, or if you take a break, in cold weather that sweat may turn to ice, or at the least get very, very cold.

By having layers, you can remove clothing as you warm up, then bundle up when you cool down. Layers also serve to keep you warmer in general. They trap air between your shirts and such, which insulates you from the cold.

THE PREPPER'S CLOSET

Spring/Summer:

- loose-fitting, light-colored shirts
- durable shorts
- wide-brimmed hat

Fall/Winter:

- flannel shirts
- long-sleeve T-shirts (for layering)
- thick socks
- knit hat
- gloves/mittens
- warm boots
- balaclava/face mask
- medium-weight jacket
- heavy coat

Home is where the shelter is

Moving on to buildings, in a long-term catastrophe, your house will most likely be your primary shelter. It does, after all, have a roof, walls, and maybe even insulation. However, when individuals turn to

more rudimentary methods of staying warm, there is an increased risk of house fires because space heaters and furnaces are unlikely to function. Add to that the possibility that fire departments may go extinct, and you have the makings of yet another calamity on top of the first. The importance of smoke detectors and alarms cannot be overstated. Make sure one is in or near the kitchen, as well as in or near the bedrooms. I would also recommend keeping one in the furnace room. Test them at least twice a year, and keep a large supply of replacement batteries available. Because few of your other devices will use the same nine-volt batteries as the detectors, keeping the spares from wandering off shouldn't be too tough. In the kitchen, make sure you have one or more fire extinguishers. Put them in a location where they'll be easy to find in the event of an emergency. Grease fires may be extinguished using a box of baking soda. Water should never be thrown on a grease fire because it will cause it to splatter and spread. This should go without saying, but unless you have a fireplace or a woodstove, never utilize an open-flame source of heating inside your house. Carbon monoxide poisoning may be avoided with proper ventilation. Clean your chimney every season if you have a fireplace or woodstove. Chimney sweeping is not a difficult task if you have the necessary tools and can securely access your roof. It's something you should study now, so you'll know what you're doing when the time comes. Another thing to think about is including at least a couple of tarps in your preparations. These could come in useful if your home's roof or windows are damaged. Instead of bungee cords, tie them off with a paracord. If your tarp has a grommet that has been torn out, improvise by placing a small rock on the edge or corner, folding the tarp over or around the rock, and tying the cord around the bulge.

Basic chimney sweeping

To do this vital task, you'll need to get a chimney brush and rods. Take a good check at the chimney before traveling to the store, particularly from the top down. You'll need to know if the interior is

square or round, as well as the opening's measurements (hint: bring a tape measure up there with you). To figure out how many rods you'll need, you'll need to know the height of the chimney. Wearing safety glasses and maybe a face mask is recommended for your protection. It's also a good idea to wear work gloves. To clean the chimney, shut the front of the fireplace or woodstove to prevent dust and soot from spreading. Then climb to the roof and scrub up and down with the brush. As you get closer to the bottom of the chimney, add more rods. Make use of a flashlight to dislodge as much soot and creosote from the chimney's sides as possible. You might also begin cleaning from the bottom and work your way up. However, this is far messier, and you will undoubtedly get soot on everything that isn't covered with a drop cloth near the fireplace. Sweep the debris out of the fireplace once you've cleared it from the chimney.

Keeping warm without a fire

Of course, many individuals do not have fireplaces or woodstoves in their houses, which is not ideal. If you find yourself in this situation, there are a few things you may do to stay warm. To begin, do everything you can to confine the family to one or two rooms. If you have a two-story home, entirely seal off the upper floor. The combined body heat will do wonders for warding off cold if everyone gathers together. Of course, have plenty of blankets on hand. Groups of two or three should be alright by huddling under a couple of blankets. Heat bricks, wrap them in towels, and lay them under the sheets is an ancient technique. To minimize cracking and crumbling, make sure you use fire-safe bricks. Large stones may also work, but be careful not to collect them from a riverbank or shoreline, as they may contain water that may turn to steam and cause the rocks to explode. Handling the bare bricks before wrapping them up should be done with hot pads or oven gloves. In a similar way, you may utilize hot-water bottles.

Keeping cool off the grid

So far, we've focused our discussion on how to stay warm and dry in the event of a collapse. What if the issue isn't cold but rather severe heat? After all, being too hot or too cold may be just as dangerous. Our bodies are built to function optimally in a specific temperature range. This temperature range is around 65°F to 80°F for most individuals. If it's much cooler than that, you'll need a jacket; if it's much hotter, you won't be moving about very much. So, how can you battle the heat in the summer when your air conditioner is doing nothing except taking up valuable window space?

To begin, accomplish important tasks early in the morning or late in the evening when the temperature is lower. Avoid intense activities during the warmest hours of the day if at all feasible. To keep hydrated, take regular breaks and make sure you're drinking lots of water. Set up a patio umbrella near where you'll be working, if you have one, to provide some shade. Wearing a hat with a broad brim will keep the sun off your face and neck. Light-colored clothes and pants will keep you cooler than dark-colored shirts and pants, and cotton will keep you cooler than heavier textiles. A thin cotton scarf or bandana thrown over your neck and dampened will also help keep you cool. We sweat because evaporation is a cooling process. Evaporation may be used to cool down by simply sprinkling your skin from time to time. When you first move into a house, you should do everything you can to keep the interior cool throughout the day. When our bodies are too hot, they don't sleep well. Furthermore, in order to be healthy, our bodies require enough quantities of decent sleep. Our bodies are unable to recuperate from the day's labor if we spend too long without adequate sleep, whether due to the heat or another factor. During the day, close the drapes and curtains to keep the sun out. In the evening, open the windows to let fresh air in. This works best if you have many windows throughout the room so that cross-ventilation is possible. If your attic and walls aren't already insulated, consider installing insulation. While this may seem paradoxical, given that we normally think of insulation as keeping things warm, it actually prevents any chilly air from escaping out of the house. Furthermore, this will undoubtedly assist in keeping you

warm during the winter. Planting a few trees on the east and west sides of the house is also a good idea. They will give shade as they mature. Of course, this means you'll have to keep an eye on the trees to keep them healthy. It won't be much fun if a giant, dead tree falls on your house during a grid-down scenario. While this may seem like a no-brainer, given the likely absence of functional ovens and microwaves, cook as much as possible outside. You won't be heating the space as well as the food if you keep heat sources outside the house. Because heat rises, if you have a two-story home, shut off the upper floor as much as possible. However, you might want to open the windows upstairs throughout the day to let the heat out.

Even though most of us have a closet full of clothes and a roof over our heads, we should consider shelter while making long-term survival plans. We must be prepared to maintain that roof, perform essential repairs, and have the necessary safety equipment. Many people are not accustomed to working outside. As a consequence, kids may not already be dressed appropriately. You may get a lot of bang for your buck by spending as little as forty bucks at a secondhand store.

2.2. Useful Tools

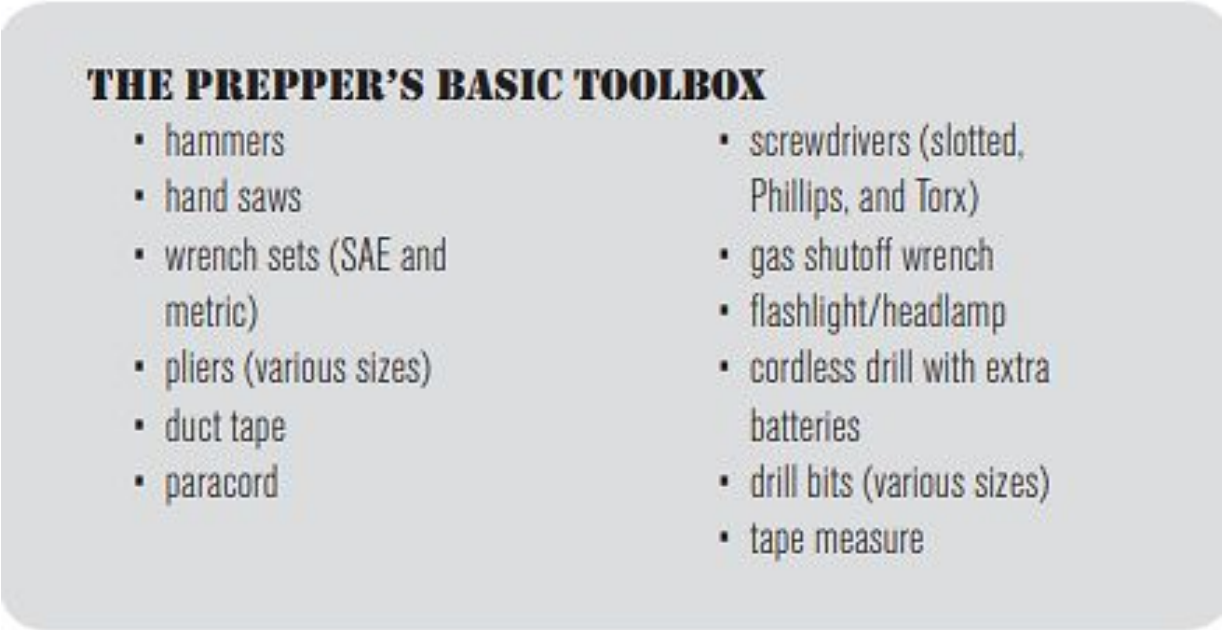
Humans are not the only creatures on the earth who use tools, but humans are the only ones who have gone so far as to create tools that others may buy. The garage mentioned above resembles the one in which we grew up. Our father has so many tools that we believe he purchased many of them without fully understanding their use. But, dangling from the pegboard, they didn't look half bad. And if that need ever occurred, he'd have the ideal tool for the task. In your total prep strategy, equipment may not be as vital as, for instance, food or water. But make no mistake: in the event of a long-term grid-down, you'll need all the help you can get. Having the forethought to develop a solid tool collection can only benefit you. The following is a review of the tools that may be required in the event of a collapse. We're not advising you to drop everything, rush to Home Depot, and spend a fortune on all of this. However, we recommend checking through your tool collection, if you have one, and making a list of the ones you don't have. Keep that list with you while you go to rummage sales, flea markets and browse classified advertising. As you can afford it, pick up the tools here and there.

Spend the money on quality

It's conceivable, perhaps likely, that the tools you buy will determine your life or well-being. As a result, spend the money to obtain good ones. Avoid buying tools from dollar stores; most of them aren't worth the money. Craftsman and Stanley are two brands that we seek. Even the house brands at big-box home improvement stores, such as Lowe's Kobalt tools, are decent. You can get nice goods at reasonable costs if you browse about, keeping an eye on the sale advertising and haunting rummage sales. You might get some fantastic buys during rummage sales in particular. If we can get a forty-year-old pair of Craftsman wrenches for 10 bucks, we'll gladly wipe a little rust off of them.

General Repairs

Calling a plumber or carpenter to take care of simple household repairs will not be an option during the period when you are genuinely on your own. You'll have to manage things on your own, and you'll need some fundamental tools to do so. Hammers exist in a surprising variety of different shapes and sizes. Even the most basic claw hammer comes in a variety of types, styles, and weights. Play around with them a little while you're at the store. Choose one that isn't too hefty for you to readily manage. With no wiggle area, the handle should fit tightly into the head. Personally, we like a hickory handle, but you should be alright as long as it is comfortable in your hands. You'll need at least two hammers, so you'll have a backup and the capacity to work on a project with two individuals. You'll also need a variety of screwdrivers, both slotted and Phillips, in various sizes for various screws. There's nothing more aggravating than trying to turn a screw with a screwdriver that's just a smidgeon too large or too little. While an adjustable wrench or two could do, owning a set of metric and standard (SAE) open/box-end wrenches (also known as combination wrenches) can make your life much simpler. Get a set of each, and for good measure, throw in a couple of adjustable wrenches. Pliers are also available in a wide range of forms and sizes. We've gotten by with two pairs of ten-inch slip-joint pliers and a handful of smaller sets. Needle-nosed pliers can also be useful. A good-quality cordless drill can be a lifeline, or at the very least protect you from developing an early-onset carpal tunnel, assuming you have a method of producing energy, or the grid hasn't gone entirely down. Have at least one spare battery on hand to charge while using the other. Because the weight difference between a twelve-volt and a twenty-volt drill is so little, go for the more powerful drill. A complete set of drill bits would also come in handy.



Demolition Tools

It would not be unreasonable to anticipate that any long-term calamity will necessitate both taking down and restoring things. What if a tree falls on the rear side of your shed, for example? You'll have to disassemble what's left to see what you can salvage for a replacement. Starting with a couple of pry bars is a smart idea. Obtain a range of sizes to ensure that you have a decent representation of both strength and ease of usage in confined spaces. A framing hammer has a longer handle and a straight claw at the back of the head than a conventional hammer. It's perfect for various demo projects because of these two qualities. For hauling massive, heavy garbage, a come-along will be quite handy. A come-along, for those who are unfamiliar, is a ratcheting device featuring a handle, straps, and hooks. The come-along is secured to a tree or other sturdy object. Then, from the come along to the thing you want to move, a cable or strap flows. The cable or strap is pulled by ratcheting the come-along, which moves the item. Saws will also come in helpful for chopping up lumber. With the sort of demo work we'll be doing, precision isn't always required, so you might be able to get by with only a few simple ripsaws.

DEMOLITION TOOL CHECKLIST

- ❒ pry bars of various sizes
- ❒ hand saws
- ❒ strong rope
- ❒ come-alongs
- ❒ wheelbarrow
- ❒ rakes
- ❒ shovels
- ❒ tarps
- ❒ buckets

Cleaning tools

Granted, when we think of tools, a mop and bucket are certainly not the first items that come to mind. Consider the following scenario: You'll need cleaning tools for a variety of reasons, including the repair and demo work you'll be undertaking. On top of that, there will be the ordinary filth and grime that will accumulate simply by living. Begin with rags and cleaning products such as Mr. Clean. Although the objective isn't to create gleaming windows, these cleaning supplies will go a long way toward keeping things clean. Buckets can also be used for a variety of purposes. Pick up many five-gallon pails if you can locate them locally, such as at delis and bakeries. Carpets will be difficult to clean since you won't be able to vacuum them. Rugs may, of course, be brought outdoors and shaken or battered. Investing in a manual carpet sweeper is an option. If your carpet's nap isn't too shaggy, they work fairly nicely. Brooms and dustpans are an absolute must. We love the old-fashioned corn brooms, but you may use anything you choose.

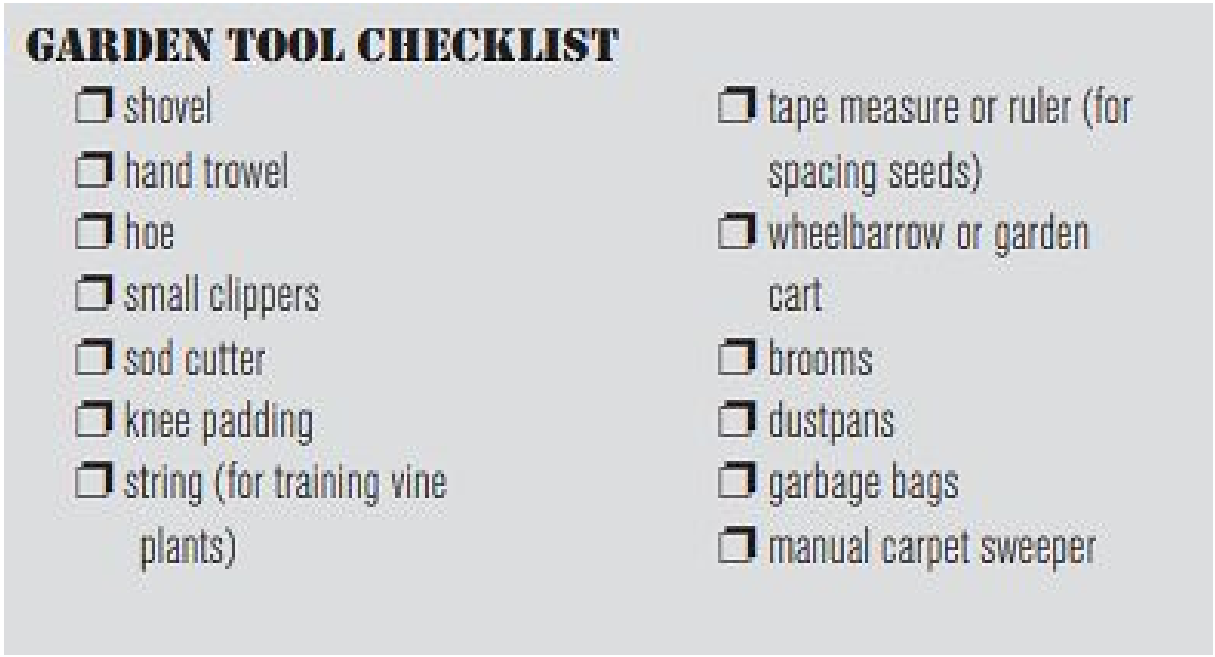
CLEANING TOOL CHECKLIST

- ❒ rags
- ❒ cleaning solution (such as Mr. Clean)
- ❒ vinegar
- ❒ bleach

Gardening Tools

Rototillers are a thing of the past. Even if you have the fuel to run one, you'll most likely want to conserve it for something else. Instead, plan on doing all of your digging, hoeing, weeding, and other fun stuff by hand. You'll need a shovel, a hard rake, and a couple of garden trowels, at the very least. These will be enough to get you started with a little garden. A wheelbarrow or garden cart will come in handy more than you would expect. We have four garden carts at the moment, and they're all in continual use for various tasks, such as hauling soil from one spot to another and carrying all of the garden equipment at once.

If you find yourself needing to break new ground for garden development, a manual sod cutter will come in handy. These contraptions peel the sod from the soil rather than digging up the yard one shovelful at a time. Before composting the strips of sod, make sure they are completely free of soil. It makes them considerably lighter and easier to handle, for one thing. Furthermore, the more earth in the garden, the better.



Composting

While we're on the subject of garden construction, if you don't already have a composting area set aside, do it as soon as possible. You may buy composting containers or build your own by making a three-sided box out of old pallets or scrap lumber and chicken wire. The advantage of purchasing one of the ready-made plastic composters is that they make turning the compost much easier. To aid decomposition, the material should be flipped over and stirred on a regular basis. Most of these plastic jobs are meant to tumble on the ground or on a stand, so all you have to do is roll it about once or twice a day. Plastic compost containers, on the other hand, are frequently rather tiny. You'll need a shovel or pitchfork to physically turn the material over if you make your own compost bin. Almost anything, with the exception of most animal by-products, may be composted. From vegetable scraps to paper shreds, grass clippings to eggshells, we throw it everything in (one of the animal by-product exceptions). Compost is a terrific method to enhance the soil in your gardens, and it's almost free once you've got it set up.

Firewood Tools

Whether you have a fireplace, a wood stove, or just a backyard fire pit, you'll undoubtedly have to cut a lot of wood on a regular basis. While a chainsaw is a boon, it will only last as long as you have gasoline for it. Even if you had an infinite supply of gasoline, you'd still need a few hand tools. Begin with a couple of high-quality axes. They should be light enough for you to manage while still being strong enough to do the task. No pun meant; a little hatchet will not suffice. Trimming the smaller branches can be accomplished using loppers and garden shears. While you could just slash them with a large knife or machete, the loppers will be considerably safer for everyone involved. Cutting medium-diameter logs to a manageable length is easy with a bow saw. They're significantly more effective than pulling out a crosscut or ripsaw from the workbench. When it comes to splitting larger hunks of wood, a sledgehammer and a wedge will come in handy. We prefer to utilize a sled over a hefty ax

since we believe it is a safer method. By the way, once you bury the wedge in the wood, the only way to get it out is to put another wedge after it.

Tool Maintenance

You should also get the necessary equipment to keep your tools in excellent operating order. Sharpening files and whetstones for blades and saws. Hammers and axes have extra handles. Sure, you can whittle new ones if you're in a hurry, but spares aren't too expensive and will make things easier in the long run. Learning how to properly maintain the tools is just as critical, if not more so. Sharpening an ax is not something that can be learned from a book. You should really have someone explain to you how to do it, and then you should do it every time you use the ax.

2.3. Lighting

It will be critical to be able to shine some light on your topic, not just when working after sunset but also for safety. While candles and oil lamps are cheap, they aren't the most practical or effective means to give light when working in restricted places. The Waka Waka is one of the nicest portable lights we've ever had the pleasure of having. Survival-Gear.com was where we got ours. It is a solar-powered light that performs admirably. They now manufacture a version called the Waka Waka Power that can charge the batteries in your MP3 players, cellphones, and tablets in addition to providing light. Crank-powered lights are another alternative for battery-free lighting. With them, we've discovered that you get what you pay for. The less expensive they are, the shoddier they are, and the less light they emit. UVPaqlite is a firm that specializes in light that glows in the dark. There are many different shapes and sizes to pick from. We may state that they maintain a light "charge" for a long time; these items are light years ahead of the glow-in-the-dark dinosaurs we used to play with as kids. However, they simply serve as a source of ambient light. They're fantastic for charting a trail, for example, but not so good for reading or other duties. In the case of battery-powered flashlights, technology has advanced significantly in recent years. Traditional incandescent bulbs used to be much brighter than LED lights. Furthermore, they consume far less energy, allowing your batteries to last longer. Avoid the low-cost LED lights that may be found on sale for around $5. They work OK at first, but after a few months, whether you use fresh batteries or not, you'll have trouble turning them on and keeping them illuminated. Spend a few dollars more and acquire something that will last. Another light source that I recommend is headlamps. They help you to work more effectively because they are hands-free. They're neither bulky nor heavy, so they won't strain your neck if you wear them for a long time.

2.4. Protective Gear

When you use tools, you incur the danger of harm, no matter how little. Every now and then, a local radio station holds a contest in which listeners send in their DIY disasters, and the funniest or oddest ones are read on the air. We shouldn't be shocked by some of the bizarre things humans have done with tools, but we always are. We know a guy who came dangerously close to acquiring the moniker "Niner" after rinsing his foot with a power washer and nearly removing one of his toes. Protective equipment should be used whenever feasible, regardless of how skilled you are with tools. This is especially important when we're talking about a time in the future when going to the emergency department won't be an option. Eye protection is essential. Several pairs of safety glasses or goggles should be kept on hand. Wear these if you're working on a project and there's even the tiniest risk of anything flying into your face. Try seeking an eye doctor if you fear getting an emergency department physician may be difficult following a collapse. Work gloves with a lot of grips will also come in handy. They'll keep your hands safe from wounds, splinters, and scratches that might later get infected. Although we prefer all-leather gloves, they do create some excellent gloves out of other materials. When working with fumes, smoke, or sawdust, face masks are required. In the case of a pandemic, go for the variety with the N95 rating, which can protect against airborne illnesses as well. Because you won't be dealing with quite as much power equipment, ear protection may not be as important. Even so, foam earplugs are inexpensive and should be kept on hand just in case.

PROTECTIVE GEAR CHECKLIST

- ❒ heavy-duty work gloves
- ❒ safety glasses/goggles
- ❒ N95 dust masks
- ❒ knee pads
- ❒ steel-toe work boots
- ❒ ear protection (if power tools are still in use)

2.5. Power Generation

Standard gas-powered generators have a finite lifespan. Either the generator will run out of fuel, or it will develop legs and walk away. After all, concealing the fact that you're running a generator is nearly impossible. They are, without a doubt, noisy. Don't get me wrong: they're fantastic for supplying backup power, and we strongly advise preppers to invest in them. Just don't think of them as a long-term power generation option. We can live without power, realistically. For thousands of years, humanity got by quite fine without it. Sure, it'll take some getting used to, but so would everything else in the aftermath of a collapse. However, there are a few choices for electricity generation to consider. The first thing that springs to mind is solar. When it comes to solar energy, you have two options. The first step is to get solar panels and place them on or near your house. An electrician will very certainly be required to install the necessary wiring and other equipment. To accomplish this properly may be rather costly, but there are a number of government programs that may be able to help. Furthermore, should the grid fall down, everything is already in place and operational. With the right size system, you'll be able to use electric lights and appliances in the same way you do now. Another option is to investigate portable solar generators. We recommend Goal Zero and JASPak as two firms. The fact that these items are portable is a plus. You may take them anywhere you want without being bound by your home's construction. The majority of the firms that make these items provide a variety of devices, ranging from modest chargers for cell phones to big systems that can power appliances. There are a few items on the market that convert heat energy into electricity. One such product is the Biolite camp stove. It's very easy to use, although it does need you to light a tiny fire on the stove. The heat energy drives an internal fan, resulting in a highly efficient fire. As the fire heats up, the extra electrical energy is sent to a tiny USB connector, letting you charge a phone or other USB-compatible device while cooking. The PowerPot, for example, works on a similar premise. This one

involves boiling water in a saucepan using whatever heat source is available. The heat from the water is subsequently turned into energy, and a USB connector is utilized to charge your electronics, just like the Biolite stove. Given how frequently the off-grid survivor will be boiling water for one or more purposes, using a device like this to supply power at the same time makes it reasonable. Despite this, we nonetheless recommend that you prepare for life without power. Get accustomed to not having a functional refrigerator, DVD player, or Internet connection. If you do have a mechanism to give electricity, it will be a benefit rather than a requirement.

2.6. Communication Tools

It is critical to have the capacity to gather and distribute information. Without it, you'll be trapped in a bubble, waiting for anything to come along and burst it. Communication tools have the disadvantage of requiring power, which is often provided by batteries. You'll be ahead of the game if you keep it in mind and have a battery stockpile set aside for this purpose.

Two-way Radio

These have advanced significantly in recent years and are considered superior to the walkie-talkies you may have used as a child. Don't trust the hoopla you see in the advertising or on the packaging, though. They may advertise ranges of many kilometers, but the only way to achieve that is if there is nothing between you and the other person. In fact, obstructions like trees and buildings have a significant impact on the effective range. Family Radio Service (FRS) and General Mobile Radio Service (GMRS) are the two types of radio available (GMRS). These designations relate to the radios' channels or frequency. The GMRS channels require a license, but the FRS channels do not. Hybrid devices are available that allow you to use both GMRS and FRS frequencies. Both FRS and GMRS radios work on a line of sight to the horizon, which is roughly a mile in most situations. But, once again, the range is heavily influenced by the environment. In the heart of a city, the range will be larger than in the middle of a field. The best option is to get a set of radios and experiment with them. That's the only way to find out how far they reach in your neighborhood. Because the base unit has a bigger antenna, handheld devices will have a lesser range than base units. The bigger the broadcast range, the taller the antenna. Consider purchasing a base unit with a huge antenna, followed by many portable devices that you can distribute to group members as needed. Overall, these two-way radios will do a good job of keeping members of your family or group in touch. They may

also enable quick communication amongst neighbors, which might be useful if danger is identified.

Citizens Band Radio

Most of us of a certain age recall shows like Smokey and the Bandit or The Dukes of Hazzard, which had lingo like "I just saw a bear in a simple brown wrapper." While CB radios have been less popular since the late 1970s and early 1980s, they are still helpful for short-range communication. No, you don't need to know that a "bear" is a law enforcement officer (usually a sheriff's deputy) and that a "simple brown wrapper" indicates that he's driving an unmarked squad car. Although effective ranges will only be a few miles, it'll be better than attempting to stretch a thread between two tin cans that far away. Handheld CB radios, base units, and, of course, mobile systems that may be wired into a car are all available. Try to resist the impulse to announce that you are "Rubber Duck" and that a convoy is about to begin.

Amateur Radio

Amateur radio (ham) is a fantastic way to communicate across large distances. To broadcast, you'll need a license, but the exam isn't too tough if you prepare ahead of time. When it comes to acquiring information, ham radio is the way to go. In times of disaster, ham operators have a long tradition of stepping in to help by relaying information to people who need it. If you're interested in learning more about ham radio, look for a local ham organization in your region. Do some research online, and we'll bet you a doughnut you'll find one in your county. We've met a lot of ham operators over the years, and we've yet to meet one who wasn't really helpful to those who wanted to learn more. Many ham radio operators already have the appropriate equipment to operate off the grid if necessary. When it comes to talking with other organizations or cities, ham radio equipment and the knowledge of how to utilize it properly will be

quite useful. You may work together to keep each other informed about prospective dangers and arrange exchanges and other things if you establish communication with them.

Shortwave Radio

Consider amateur radio to be a subcategory of shortwave radio. Shortwave (SW) radio transmissions may go throughout the world, which could be valuable in a long-term survival situation since you could get news about your own nation from unbiased reporters. Frequently, news broadcasts from foreign nations provide non-biased or distorted facts. Every survivalist prepared for a collapse should at the very least invest in a good shortwave radio receiver. Take the time to learn how to operate it properly and save the frequencies that you think would be most beneficial. Members of ham radio groups may be of great assistance in this area, as many of them are SW radio listeners.

Chapter 3: The Survival Medicine Basic Skills



The ease with which the foundations of natural medicine preparation may be mastered is one of the most enticing aspects of herbalism. The following herbal preparation skills, which range from tisanes to salves, are basic enough for almost anybody to learn in minutes. The processes outlined here will help you to effectively use herbs and personalize remedies to your unique needs. You'll be able to create a wide range of natural cures by combining resources from your immediate surroundings with those from long-term storage. You'll develop your medical knowledge while simultaneously amassing a vast quantity of valuable trade items.

3.1. Tisanes

A tisane is a herbal tea with medicinal qualities. Although the terms "tisane" and "tea" are sometimes used interchangeably, a tisane is a tea that is intended to be medicinal rather than simply nice to consume. Plant material, either dry or fresh, can be employed. If you're keeping dried herbs, rotate them just like you would food. Dried herbs have a year-long shelf life. Whether you grow it yourself or buy it, be sure you have enough to survive that long. The two methods for making tisanes are infusion and decoction.

3.2. Infusions

When you soak herbs in water for a longer period of time such that the oils from the herbs become part of the water, then the mixture is called an infusion. This can be taken orally for multiple ailments.

3.3. Decoctions

Decoctions are created from plant components that are hard to work with, such as bark, stems, seeds, roots, and dried fruits. Unlike infusions, which require little evaporation, decoctions rely on evaporation to lower water content. To produce a decoction, combine 1 ounce of plant components by weight with 2 cups of water. Place the plant material in a saucepan with cold water, bring to a boil, then lower to low heat for 10 minutes. Allow the decoction to boil for 20 minutes (for a total cooking time of 30 minutes). The liquid should have dropped by half at this time. Continue to boil for another 20 minutes or so, or until the liquid has reduced by half again, for a thicker liquid. This is referred to as a "double decoction." When producing the decoction phase of a syrup recipe, we usually always employ this double decoction procedure. Remove the herbs when you've finished reducing the liquid. Your tisane has now been decocted from hard plant components. If you wish to utilize both hard and delicate plant parts, prepare a decoction of the hard parts first, then sift out the herbs, save the liquid, and reheat to just below boiling. The fragile plant pieces would then be added to the reheated decoction, which would be covered with a lid to avoid evaporation and strained after 20 minutes.

3.4. Blending herbs for Tisanes

A tisane can be created with only one plant or a combination of herbs. We occasionally go with our instinct when combining herbs and use a pinch of this and a pinch of that. However, most of the time, we utilize the formula below as a guideline:

- 70% of herbs that directly address the primary health concern
- 15% to 25% of herbs that supportively address the primary health concern
- 5% to 15% herbs that strengthen (tonic) and/or herbs that soothe (demulcent, anti-inflammatory)

Here's an example of how this mixture may be used in a tea to aid someone with a urinary tract infection, using just components that we can easily get in our neighborhood.

- 7 parts dried juniper berries
- 2 parts horsetail
- 1 part corn silk

The antibacterial properties of juniper berries aid in the treatment of bacterial infections. Horsetail is a diuretic that does not disrupt the body's natural electrolyte balance. While horsetail does not directly treat the illness, it does assist in the removal of microorganisms by boosting urine flow. Cornsilk, which is the long, silky hair from a corn ear, gives the tea a powerful anti-inflammatory effect, calming the urinary system. Using a marshmallow infusion for at least half of the water used to create the tea might make it even more calming and beneficial.

3.4. Tinctures

A plant is macerated (soaked) in alcohol to make a tincture. The alcohol extracts the chemical elements of the plants. Tinctures are particularly well-suited to disaster preparedness. They're simple to construct and may endure for years if kept in the dark, cool location. Because of the alcohol, they never go bad. A tincture has an indefinite shelf life. However, some plant particles may migrate out of the alcohol over a long period of time. If this occurs, simply give the bottle a good shake before each use. Because of the way alcohol is absorbed by the body, tinctures have a quick effect. When you drink alcohol, a tiny amount of it gets absorbed into your bloodstream right away. The plant's medication is absorbed together with the alcohol. The tincture then travels to the stomach, where it absorbs another 20% of the alcohol before reaching the intestines. When compared to other preparations such as capsules, this technique allows tinctures to begin functioning significantly faster.

Making Tinctures

Percolation and maceration are the two procedures for creating tinctures. The more sophisticated skill is percolation. It entails putting a powdered herb inside a glass cone, which is a unique piece of equipment. To make a fluid extract, alcohol drops down through the plant in the cone. We'll concentrate on the simplest approach, maceration. The herbs (marc) are macerated (steeped) in alcohol (menstruum), which serves as a solvent for extracting the plant's chemical characteristics. The marc is macerated in the menstruum for six weeks before being filtered and turned into a tincture. You can macerate one herb at a time (a "single") or a mixture of herbs all at once (a "batch"). Before you begin manufacturing tinctures, you must first decide on three variables:

- Will you utilize the easier approach or the measurements method?

- Are you going to use fresh or dried plant matter?
- What proportion of alcohol will you use?

Measurement Method

The ratio is generally always 1:2 when utilizing fresh plant material. This translates from 1 ounce of plant material to 2 ounces of ethanol by volume. The ratio is generally typically 1:5 when employing dried plant material. This translates from 1 ounce of plant material to 5 ounces of ethanol by volume. To produce a tincture of dried burdock root, for example, weigh 1 ounce of burdock root on a scale. Then, into a liquid measuring cup, pour 5 ounces of bourbon.

3.5. Formulating Herbal Blends

To utilize herbs to treat everyday problems like an upset stomach, a head cold, or anxiety, you must first understand what it means to make a therapeutic herbal mix. What's the difference between a draught and a cup of tea? How do you determine which herbs to use in a mix and how much of each herb to add? Because bulk herbs are widely available and the formulation ideas are simple to comprehend when working with raw ingredients, tea blends are an excellent place to start. You'll also learn about herbal flavor combinations and see what good mixes look like up close. If you've ever tried Chinese herbs, you know that they may be really effective, but they can also be rather difficult on the palate. Working with western herbs has the advantage of allowing you to make any tea mix taste wonderful. You may make a genuine palette pleaser by using herbs like lemongrass, cinnamon, orange peel, mint, clove, lavender, red raspberry, fennel, anise, thyme, and licorice. Another enjoyable aspect of preparing tea is that you have some leeway in terms of adding finishing touches, such as flowers, to enhance the color or attractiveness of the mix. Making a therapeutic tea mix is similar to learning to cook. You must be familiar with your components and understand which ones complement each other in terms of flavor and function. Tea mixes are medicinal mixtures, so keep that in mind. Even a cup of chamomile tea might help your body relax. When making a tea blend, think about what you want it to do medicinally and how you want it to taste when you're creating it. Do you wish to get rid of belly discomfort or reduce nasal pressure from a head cold? Knowing what you want to achieve with the mix gives it meaning and helps you pick the right herbs. Blending with concentration takes you beyond the fundamentals of your initial herbal encounters. With a little practice, you'll be able to make some of the most delectable teas around.

3.6. Basic Formulating Components

The core formulation components are the same whether you're preparing a tea, a tincture, an oil, or a capsule combination. A primary action herb or herbs, a nourishing agent, and a stimulating herb or herbs are all included in an excellent herbal combination. The blend's leader, or focus, is the principal action herb. It guides and simplifies the rest of the herbs' application to the body part with which they are most compatible. Many herbs serve to improve the overall function of certain tissues, organs, or systems by being specially matched with them. You can use just one primary herb, but some mixes may include two or three. The active herb typically accounts for 60 to 75 percent of the overall recipe. This plainly identifies it as the blend's driving power. When your health is out of whack, it's likely that something in your body isn't getting the nutrition it needs. Vitamins, toning minerals, and calming effects are all brought in by nourishing herbs. These herbs may have a preference for a certain organ or system. These herbs assist the targeted system is performing more efficiently by supplying supportive components for tissues, organs, or processes. Herbs that are nourishing can also act as a buffer between other herbs in a combination. When you employ a purgative herb like cascara sagrada to help you get rid of your bowels, it might irritate the mucous membranes of your stomach. A nutritious herb, such as chickweed, can be added to the combination to assist soothe and buffer the irritating impact. One or two nutritious herbs usually comprise approximately 10 to 25% of the combination. The stimulant herb category is the final factor to evaluate. These herbs bring the formula to life by activating, boosting, or diminishing the formula's activity. This set reminds me of a bus driver that picks up all the other herbs and brings them where they need to go, blasting the horn the entire time to wake the body up. Perhaps there are cheerleaders on the bus who get everyone pumped up for the big game. Herbal stimulants, diaphoretics, diuretics, purgatives, and

energizers are all terms used to describe these substances. Ten to twenty percent of the mix is made up of one or two stimulants.

3.7. Herbal Blends - Recipes

The fun part starts once you've chosen your herbs. We recommend that you begin by selecting plants that you are familiar with in order to boost your confidence in the art of herbal concoctions. When it comes to learning anything new, we always love basic examples, so we've come up with three to get you started. Hopefully, this has given you a better idea of how to combine plants for medical purposes. The three components and their percentages in the mix are shown in each formula. Don't get too worked up over the percentages of each herb. You may use whatever percentages you like as long as you stay within the boundaries of the acceptable percentages.

Herbal Blend for Acne

Main action herbs

- Calendula flower (30 percent)
- Plantain leaf (30 percent)

Calendula stimulates skin healing while plantain protects the skin and encourages new skin cell formation.

Nourishing Herbs

- Dandelion root (15 percent)
- Nettle leaf (10 percent)

Dandelion root improves liver function, which supports good skin. Nettles give a richness of food to the body.

Stimulating herbs

- Licorice (10 percent)
- Ginger (5 percent)

Both herbs are great stimulators that help the body remove waste.

Herbal Blend for Chest, Cough and Cold

Main action herbs

- Horehound (35 percent)
- Wild cherry bark (30 percent)

Horehound is an expectorant that aids in the removal of accumulated mucus from the lungs. Wild cherry bark is a mild sedative expectorant that helps move materials up and out of the lungs while also soothing and calming a persistent cough.

Nourishing herbs

- Elecampane (10 percent)
- Coltsfoot (5 percent)

Elecampane is one of the most effective herbs for maintaining respiratory function and improving lung tone. Coltsfoot is high in vitamins A, C, and B, as well as the minerals calcium, potassium, and zinc, and it supports respiratory health well.

Stimulating herb

- Peppermint (20 percent)

Peppermint opens up the body and cools it down, releasing stored phlegm and reducing clogged heat.

Herbal blend for insomnia

Main action herbs

- Lemon balm (30 percent)
- Chamomile (15 percent)
- California poppy (20 percent)

All three plants are excellent sedatives with few if any, negative side effects. They function on the central nervous system to help the mind and body relax.

Nourishing herbs

- Passionflower (10 percent)
- Schizandra (10 percent)

Passionflower is an excellent central nervous system nurturer that aids in the regulation of overstimulation, which can cause twitching and restlessness. Schizandra nourishes the adrenal glands, which can induce sleeplessness if they aren't working properly. You may also add a pinch of skullcap, another nervine that helps to calm what we call "monkey mind"—when you're lying in bed and your mind begins racing, reminding you of everything on your to-do list.

Stimulating herb

- Peppermint (15 percent)

Peppermint has a stimulating effect as well as a relaxing effect on the nerves, making it a stimulant and relaxant in one. Use one of these ideas as a starting point, or go to your herb cabinet and make your own. Begin with three herbs that you already own and like. Make a list of the herbs and their functions in the mix, such as primary action, nourishing, or stimulating. Maybe you already have a favorite combination. Take a look at the ingredients and try to figure out what they are. Always maintain careful notes and records of your herbal recipes as you build blends because there's nothing worse than creating the ideal mix and then forgetting what went into it!

3.8. Harvesting Herbs for Survival Medicine

Foraging Tools



Fixed blade knife or pocketknife:

Everyone appears to have a preference for one of the two options. We have both and prefer the fixed blade knife (one that does not fold) since we believe it is more durable. In any case, keep this knife in a convenient location, such as a sheath on your belt on your dominant-hand side for the fixed blade. Keep the pocketknife safely tucked away in your pocket. And, whatever you're carrying, make sure it's sharp!

Hori hora (Japanese digging knife):

This is our favorite tool for foraging! We usually use it for digging because it's like a shovel and a knife in one. This is an excellent tool for shallower roots that only extend a few inches (approximately 7.5

cm) into the earth. Normally, natural materials are preferred above synthetic materials, but in this situation, we propose bright plastic. We started with a Hori with a wooden grip. However, with all of the digging and prying, a seam in the middle of the handle began to rip open. Also, after placing it down in the grass or soil, a bright plastic handle is much simpler to locate. We recommend paying a few dollars more and getting a double sheath so you can also store your pruners in it.

Pruners:

One of the finest purchases you can make is a good pair of pruners. The best brands come in a variety of sizes to accommodate different hand sizes. Try on a few pairs to make sure they fit your hands and are simple to use. Keep them sharpened and lubricated. Using a spade or a fork to dig: Farmers use this to dig potatoes; hence it's also known as a potato fork. It has four flat tines and is smaller than a pitchfork. It comes particularly useful for pulling deeper roots like burdock. Some individuals prefer to dig using a spade rather than a digging fork. It may be simpler to dig with and prevent chopping into roots if you use it.

Gloves:

We have a pair of gardening gloves that we don't use very often since we prefer the sensation of our hands in the dirt. Nonetheless, they are useful for ordinary digging and weeding duties. For prickly jobs like collecting rose hips, we also recommend a pair of leather gloves.

Cooler and ice packs:

This is for those times when you’re foraging on a hot day and/or are far from home. You’ll need to preserve your foraged goods until you get them into the refrigerator.

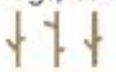
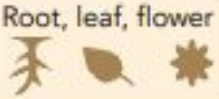
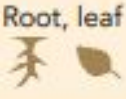
Quality and safety

Always pick from the cleanest sources possible when foraging. This necessitates being aware of your surroundings. Using as many of your senses as possible is essential while foraging or wildcrafting. One reason is to make it easier to find what you're looking for. Consider the following scenario: You should seek wild mint in a somewhat shaded, damp wooded area if you want to find it. Other sensations, such as the sound of flowing water or frogs, the drop in

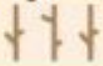
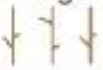
temperature as you go into the shade, and the scent of damp ground, may be able to alert you when you're coming close. When looking for a secure location to harvest, be aware of your surroundings. It's better not to harvest near a road or on a slope where chemical runoff from automobiles or chemical sprays might flow down to the plants you're contemplating. If you live near a cemetery, a conventional farm, a business, or a "power cut" (when a brush is chopped to keep it out of the way of power lines), there's good chance herbicides or pesticides may be applied near your collection plants. After you've established that the environment is safe, the following step is to locate the plants with the maximum nutritional content. Make sure the plants you're harvesting are alive and well. The idea is to collect each plant portion when it is at its most active. Take a look at the graph below for more information. These recommendations make sense when you think about it. Winter is when most plants become dormant, so it's not the best season to harvest. The energy then travels up through the plants to the storage center, the roots, to make leaves. Early spring is an excellent time to harvest roots since the plant's energy isn't concentrated on leaf growth. Leaf harvesting is best done in the early phases of leaf development when the leaves are still brilliant and shining green. While the sap and vitality are flowing, this is also an ideal time to gather bark or twigs. Flowers and fruits can only be gathered when they are still in season, but they must appear fresh (no wilted petals and only mature fruit). When everything starts to die, the energy will flow back down the plant and be stored in the root, making it an ideal opportunity to harvest the roots once more. Because areas differ greatly in terms of location and timing, it's categorized informally by season. Make your own calendar based on the dates you forage the plants in your region, using this as a reference. While these are the best seasons for harvesting these plants in terms of vitality, you may still harvest them during other seasons but expect lesser plant vitality.

Plant Part	Harvest Time
Leaf 	Spring into early summer
Bark or twig 	Spring
Flower 	Whenever available and in good shape
Fruit	Whenever available, ripe, and in good shape
Root 	Spring (until leaves are fully emerged) or fall (once leaves start to die)

Seasonal Plant Harvesting Guide

Herb	*Spring*	*Summer*	*Fall*	*Winter*
Astragalus	Root 		Root 	
Bee balm	Leaf, flower 	Flower 	Leaf 	
Bergamot	Leaf, flower 	Flower 	Leaf 	
Birch	Twigs, bark 			
Black walnut		Nut 	Nut 	
Burdock	Root 		Root 	
Calendula	Flower 	Flower 	Flower 	
Chickweed	Leaf 		Leaf 	Leaf 
Chicory	Root 	Flower 	Root 	
Comfrey	Root, leaf 	Leaf 	Root, leaf 	
Dandelion	Root, leaf, flower 		Root, leaf 	

Echinacea	Root, flower 	Flower 	Root, seed 	
Elderberry	Flower 	Flower, fruit 	Fruit 	
Ground ivy	Leaf, flower 	Leaf, flower 	Leaf 	
Jewelweed	Leaf, stem 	Leaf, stem 	Leaf, stem 	
Lemon balm	Leaf 	Leaf 	Leaf 	
Motherwort	Leaf 	Leaf, flower 	Leaf 	
Mountain mint	Leaf 	Leaf 	Leaf 	
Mullein	Leaf, root 	Leaf, flower 	Leaf, root 	
Nettle	Leaf 		Leaf 	
Peppermint	Leaf 	Leaf 	Leaf 	
Plantain	Leaf 	Leaf, seed 	Leaf, seed 	
Red clover	Flower (and top leaves) 	Flower (and top leaves) 		
Sage	Leaf 	Leaf 	Leaf 	

Spanish needles	Leaf, flower 	Leaf, flower 	Leaf 	
Spearmint	Leaf 	Leaf 	Leaf 	
Thyme	Leaf 	Leaf, flower 	Leaf 	
Violet	Leaf, flower 	Leaf 	Leaf (rarely flowers again) 	
Willow	Twigs, bark 			
Witch hazel	Twigs 			
Yarrow	Leaf, flower 	Leaf, flower 	Leaf 	

Knowing how to identify a plant not only helps you find it in the wild or in the garden, but it also helps you grasp the characteristics of a plant family and common elements like actions and applications. Basic cultivation advice is also provided to assist you in growing the herb in your own yard.

If the plant is found in North America, some foraging and wildcrafting information is supplied. Herb wildcrafting, also known as wild plant gathering, is an ancient practice that includes responsibly picking herbs in their natural habitat. It doesn't always have to include a trek into the woods. You've wildcrafted if you went into your backyard to harvest dandelion leaves for tea. Although herbalists have traditionally collected their own plants for medical purposes, not everyone lives in a wilderness-rich location where they can readily locate or cultivate all of the medicines they require, so we rely on wildcrafters to bring us what we can't find. In today's world, wildcrafting may be a successful business. If you prefer to forage for

yourself, though, this book will tell you when and where to look for the plants you're looking for. It also tells you when you should avoid gathering wild plants, especially if they are endangered or threatened. Keep in mind that when you harvest a plant, you form a bond with it. Before you begin your job, you must prepare the plant for wildcrafting by removing any of its components or the entire plant. Before you remove anything, declare your plans and obtain permission from the landowner and the plant. Be respectful of the wildcrafting location and leave no evidence that you were there. You must also follow the wildcrafting laws. For decades, overharvesting has been a concern, resulting in plants being endangered or threatened. As a result, you should always check the endangered and threatened status of plants in your region before collecting anything, and you should never harvest an endangered or threatened plant. Harvest with care to ensure the development and health of any plants you disrupt in the future. Harvest only a third of what is available, or a third of any one plant, to ensure that it survives and thrives. To ensure the species' survival, always leave the majority of the strongest plants at the harvesting location. Replant root crowns and rhizome pieces directly in the ground when harvesting roots and rhizomes, especially if a bud is present, to assist the plant's recovery. If you need to remove bark from a plant, don't do it from a live portion of the plant. Instead, seek branches that have just fallen and remove the bark from those areas. If you must take bark from a healthy section of a plant, do it in short, vertical stripes, and never, ever girdle a tree (remove bark horizontally around the entire trunk); otherwise, it will die. If you cut too deeply, the incision you produce becomes a breeding ground for germs and fungi, which can destroy the tree. Before you begin collecting, study your plants and have someone lead you—in other words, know your plants before you gather! You can learn a lot from wildcrafting, whether you're doing it for personal or business reasons. If you're just starting out, you could feel exhilarated or frustrated as you seek a certain plant. Before you go out to pick herbs in the wild, be sure you have everything you'll need.

Drying Herbs

You'll use dried herbs in most herbal medicine recipes, including those in this book unless the plants required are clearly mentioned as fresh. If you prepare your herbs appropriately, you may dry them after collecting them to ensure that you get all of the medicine's advantages. Some plants, such as hops, require special drying techniques that are outside the scope of this book, but most herbs may be collected and dried for future use without losing their therapeutic value. If you're going to process roots, make sure they're clean and chopped into little, usable bits before drying. It is possible to treat leaves and flowers whole or chopped into smaller bits. After gathering the herbs, lay them in the shade on a dry bed sheet or an old, clean window screen. It's ideal to do this on a warmer day to guarantee that all of the moisture gets drained. Herbs should never be exposed to direct sunlight since it damages them and reduces their efficacy. The greatest location is somewhere warm and shady. To allow airflow around the herbs, place the sheet or screen off the ground. We usually tie the sheet's four corners to four chairs, allowing for 2 or 3 feet of ventilation beneath. It may take 1 to 3 days for the items to dry, but ideally not much longer. To minimize mold growth, the herbs must be dried promptly. Unless you live in an exceptionally humid region, keep dried herbs in sealed glass containers. Glass tends to retain heat and moisture in humid environments, which can lead to mold development. Instead, store dried herbs in brown paper bags if you live in a humid location. Keep them in a cold, dark spot to ensure they last for months, if not years.

Chapter 4: Herbal Tinctures and First Aid Basics for Prepper



Medical demands are one of the most important aspects of any long-term survival strategy. This isn't the same as the little first-aid kit you carry in your glove compartment. That will do for minor cuts and scratches, but the longer a crisis lasts, the more likely people may require medical assistance for more serious injuries and diseases. When it comes to caring for your medical requirements, you'll be pretty much on your own, just like everything else in post-collapse existence. While we'd all love to have a couple of doctors in our survival group, most of us won't be able to do so. And while we could fantasize about having a fully equipped emergency department at our disposal, the chances are that many in the region have been stolen and picked clean long ago.

Herbalism recognizes that pressures and imbalances in the body have an impact on the mind and soul, and vice versa when treating the "whole person." Nature, fortunately, provides a broad medicine cabinet of cures for a wide range of maladies, disorders, and

diseases from which we may all benefit. Following is a list of recipes for different body, mind, and spiritual ailments. Because precision is crucial in medicine, the majority of these recipes employ weights for dry herb dosages. Many recipes call for tinctures or mixes of tinctures, which can be purchased or created at home using the procedures outlined in Key Preservation Techniques. If your symptoms persist or worsen after trying any of these recipes, go to your doctor. Conditions indicated here might be temporary or superficial, but they could also be an indication of a more serious condition, so any persisting symptoms should be explored.

4.1. A Note on Dosage

Adults

The recipes in this book all provide adult doses, as standard.

The standard dose of 1 tsp./5ml of tincture 3 times daily works well for chronic conditions; acute conditions (infections, for example) could warrant up to twice this amount over a shorter period.

Taking Herbal Remedies

Herbal remedies can work remarkably well, and sometimes they work fast. Often they are not a quick fix, however, needing instead to be taken over weeks and months to achieve the desired effect. Recipes for medicines depend on empirical, traditional knowledge, some of which (but not all) is backed up by modern scientific research.

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Responsibility for self-prescribing any of the remedies in this book falls solely with the reader.

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If you are pregnant or breastfeeding, have any serious or long-lasting health condition, or if you are already taking medication, it is especially important to first seek the advice of a healthcare professional.

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Children

As a general rule, children from ages 5 to 12 are given $^{1}/_{4}$ to $^{1}/_{2}$ an adult dose. From ages 12 and up, they can be given an adult dose. That said, common sense should always prevail—some children are small for their age, some are big—and doses can be adjusted accordingly. It is good to use the minimal dose you need to get the desired effect.

Babies

Babies and young children 1–5 years old should not be given tinctures. However, 1–5 tsp. of tea or decoction can be given; $1^{1}/_{2}$ tsp. of syrups. At the time of writing this book, it is advisable not to give honey to babies under one year old.

4.2. Herbal Tinctures - Recipes

Hot Stuff Circulation Stimulant

As these herbs zing around your bloodstream, you'll feel warmer in minutes.

Ingredients

- 2 tsp./10ml cayenne
- 2 tsp./10ml ginger
- 4 tsp./20ml prickly ash
- 4 tsp./20ml yarrow
- 4 tsp./20ml ginkgo
- 4 tsp./20ml hawthorn

Makes & keeps

It makes a half cup, and the shelf life is 3 years.

Method

Simply mix the tinctures together in a bottle. Take one fourth to one tsp. in warm water every three or four hours as needed.

Hot Cayenne Tincture for Chili Hot Chocolate

To spice up a drink or a meal, use 5–20 drops of this hot tincture. Because it is extremely potent, it is known as "capsicum forte." Cayenne pepper is an excellent adjuvant to many treatments since it promotes circulation and aids with herb absorption.

Ingredients

- 3/4 cup cayenne pepper
- 2 cups organic vodka

Makes & keeps

It makes 2 cups and stays fine for an indefinite period.

Method

Prepare as directed for tinctures and keep in a dropper container. Wear gloves when straining, and avoid getting this tincture in your eyes. To taste, add 10 drops to a mug of hot chocolate. Experiment with how much to add to cooking based on personal preference. Take 5–20 drops in a cup of warm water as a warming and invigorating medication.

4.3. First Aid Medical Training

You can have all the materials on the earth, but if you don't know how to utilize them effectively, they won't help you much. We're not saying you should run out tomorrow morning and enroll in medical school (but if that's a viable choice for you, go ahead). However, there are a few options worth considering if you want to improve your medical knowledge and abilities. Within their emergency medical technician (EMT) curricula, several technical institutions offer courses of interest. Even if you do not intend to pursue that professional route, the training and information you will get will be extremely beneficial. If you don't have enough money to pay the tuition, consider auditing the classes. Some institutions enable students to attend classes and even take examinations without earning a grade, completion certificate, or credit toward a degree. This is usually done in return for a lower-class cost. For our objectives, knowledge is more essential than a piece of paper stating that you were present. If it's a big school, you might be able to merely sneak into class and observe, soaking in the knowledge without being seen. We used to do this in college to get a sense of whether or not we'd enjoy a certain lecturer or class. Granted, it was at a rather large institution, and adding another face to a crowd of several hundred wasn't exactly noticeable. As the saying goes, your mileage may vary. Even basic first aid training from the Red Cross or another such organization will teach you how to treat a wound correctly, set a broken limb, and other useful skills. Make it a point to seek out this instruction whenever possible.

4.4. Medical Texts

While medical training should ideally be gained through hands-on, or at the very least face-to-face experience, you can learn a lot by reading a variety of books. Even if you have extensive training, putting together a medical library is a good idea. Keep in mind, however, that reading these books rather than simply putting them on a shelf in case you need them in the future is crucial. Only by reading and studying the texts will you learn not only how to treat illness and injury but also which books to consult in different situations.

Every year, a new edition of the venerable Physician's Desk Reference, also known as simply PDR, is released. This guide to prescription medications is a great resource for figuring out what drugs are used for, which drugs should not be taken together, and other important details.

4.5. Medical Supplies

Of course, you'll need tools to work with in addition to the training and literature. To get a clearer idea of what would be required, consider the most likely injuries and diseases that will afflict survivors. Lacerations and contusions will be commonplace. There is going to be a learning curve because many, if not most, individuals are not used to working with their hands and participating in physical labor for lengthy periods of time. Cuts, abrasions, and bruises will be commonplace along the journey. To avoid infection, any open wound, no matter how little, must be wrapped. Even the healthiest persons today can't match the immune systems of people who lived decades ago. For better or worse, we now live in a bubble and aren't exposed to all of the pathogens that our forefathers were. As a result of our relatively sterile existence, we are more susceptible to illnesses. We need to offer as much support as we can till our immune systems get back on track. You may expect to see a lot of sprains and strains. People will be considerably more physically active than they were previously, and their bodies will not be accustomed to it. For those who aren't used to it, cutting firewood, for example, might result in lower-back and shoulder injuries, as well as those resulting from accidents. There's also the risk of bullet wounds, depending on how things go with your security arrangements. These are, at best, inconvenient, and they carry the potential of life-threatening infection. Any type of puncture hole allows germs and bacteria from the skin's surface to enter the body. When a group of individuals from different backgrounds lives in close quarters for an extended length of time, infestations of lice and other parasites can occur. It just takes one individual to have a few nits at the start of the issue for the entire group to be itching and scratching within days. Please do everyone a favor and stock up on the necessary medications. Burn injuries are also likely to occur as a result of the growing usage of open flames for cooking and lighting. Most of the burns, hopefully, will be mild. If you've stocked up on burn cream ahead of time, those who do get burned will be grateful.

When it comes to sicknesses, as people's diets alter, you'll see an increase in the number of cases of digestive issues. Furthermore, as we become increasingly reliant on face-to-face communication rather than e-mail and text messaging, we will come into touch with more infections and illnesses. When you combine that with the reality that hygiene may not be high on many people's priority lists, you'll see infectious illnesses spread swiftly across any gathering, from the common cold to the stomach flu. Let's look at some goods to have on hand now that we know what to expect.

4.6. Wound Care, Treating a Laceration and Punctured Wound

Take a look at the first-aid items you have on hand. How many bandage boxes do you have? To be honest with you, I think it's not quite enough. Consider the following scenario: A single significant injury, such as a knife cut down the forearm, will necessitate many bandage changes. Let's say you change them three times a day, and the wound takes a week to heal to the point where you can just cover it with a bandage. For only that one injury, twenty-one bandages are required. If you want to cover most or all of your family's medical expenses for a year or more, those bandages may soon mount up.

Making your own dressings is one method to make that task easier. Cut old T-shirts into rectangles that are twelve inches long and six inches wide. An ordinary T-shirt will generally yield two or three rectangles. Boil them for several minutes after washing them in boiling water with a lot of bleach. If they're made entirely of cotton, they may shrink slightly, but that's fine. Place these homemade dressings in plastic bags to keep them fresh. If you have a vacuum sealer, you might vacuum seal them if you're feeling extra adventurous. Even with such safeguards, we're not sure that the dressings are totally sanitary. However, once the wound has healed, these fabric remnants can be used instead of store-bought bandages. This can help you stretch your materials a little farther. When it comes to butterfly bandages, don't skimp. Large wounds will be kept closed using them. Because improvising this type of bandage is difficult, if not impossible, make sure to have a big supply on hand.

Hemostatic bandages, such as those sold under the QuikClot brand, are very effective in controlling bleeding. They aren't inexpensive, but in the case of a serious accident, they will be worth their weight in gold. The risk of infection must be addressed with any wound, as

we've said several times. Apply an antibiotic ointment, such as Neosporin, if possible. If petroleum jelly isn't available, ordinary petroleum jelly will suffice. The goal is to prevent bacteria from entering the wound.

A cut in the skin is referred to as a laceration. This type of damage, like punctures, will be rather prevalent. The great majority of lacerations, fortunately, are readily treated. Allow for a few minutes of bleeding to clear the incision from the inside. Then, for many minutes, apply direct pressure to halt the bleeding. Plain water should be used to clean the wound and the surrounding region. You don't want to get any soap in the wound, so just use clean water. Apply butterfly bandages to the wound when it has dried, drawing the wound closed as you go. Do not use the suture kit until you are completely confident in your abilities. When there's a danger of dirt getting into the wound, keep it covered. Otherwise, keeping it out in the open will help it recover faster.

Given the labor that will be done to clean debris arising from a disaster, puncture wounds may become more prevalent. With any wound, infection is always a possibility, and punctures are no exception. Any germs or bacteria on the skin's surface will be driven deep into the body by the nail or item that created the lesion. As a result, it's critical that you do everything you can to adequately clean the wound. When dealing with a puncture wound, make sure the foreign object has been removed first. Examine the thing to determine whether a little piece has broken off within the body if possible. Unless there is an urgent threat of excessive blood loss, leave the incision to bleed for a few minutes. The blood that flows from the wound aids in the cleansing of the wound from the inside out. Stop the bleeding by applying direct pressure to the wound after a few minutes. If you suspect any part of the foreign item is still in the wound, try to remove it using a clean pair of tweezers. No, the patient will not be pleased with this. It must yet be completed. Clean the wound well with mild soap and plenty of cold water; the more, the better. Scrub the area surrounding the wound with a washcloth if one is available. It's normal for the wound to bleed again. Once the area

is clean, massage the surrounding skin dry and cover it with a bandage to keep dirt out. Invest in numerous bottles of hydrogen peroxide and rubbing alcohol along the same lines. Both may be used to clean wounds, but hydrogen peroxide is significantly less painful than the other.

4.7. Wraps and Splints

It's critical to keep an injured limb immobilized while it heals. Elastic bandages and splints are useful in this situation. One reason you should use elastic instead of wrapping the ankle in layers of old shirts is that elastic will not limit circulation if correctly placed. Circulation will aid in the healing of the damage. Furthermore, limiting blood flow may cause extra damage to the extremities. To be honest, elastic wraps are so cheap that it would be crazy not to stock up. Splints are another item that you might perhaps improvise as needed. As an example, popsicle sticks work great for fingers. Consider cushioning the splint with fabric for the patient's comfort if possible.

4.8. Purchased First Aid Kits vs. DIY Kits

There are some excellent first aid kits available for purchase, as well as a slew of kits that aren't worth a damn. The majority of the ones sold in department stores and budget stores aren't built to withstand much more than a few knocks and bruises sustained during a child's soccer game. Plus, if you examine the content lists of those kits and do the arithmetic, you won't save nearly as much money as if you bought the components separately. The M-17 Medic First Aid Kit supplied by Freeze Dry Guy is one of the nicest kits I've come across, and it's the one I use as a basic kit (www. Freeze DryGuy.com). The kit is meant for heavy use, as it contains over 300 distinct pieces. From hemostats to a stethoscope, pain relievers to a CPR mask, it has it all. However, the user must personalize even this full package. Any first-aid pack you buy should be customized to your individual scenario. Include any relevant components for you and your family, such as prescription prescriptions. If someone in your group is allergic to something, such as bee stings, make sure you have enough epinephrine and other emergency medications on hand. I propose that you designate one space in your house as your primary first aid kit storage, such as a couple of shelves in a bathroom closet. This is where you'll keep additional bandages, hydrogen peroxide bottles, and other bulk things. Keep a complete yet portable kit on one of the shelves or possibly on the closet floor. Some people, for example, prefer to utilize large mobile tackle boxes. Others choose a duffle bag with a soft side. The goal is to have at least one kit with some of everything in it that you can collect and transport to the injured party's location. Make this gear your "crash bag," and make sure that everyone in the household understands what it is and where it is kept.

4.9. Herbal First Aid

Most disasters, such as hurricanes, earthquakes, or brief public unrest in the aftermath of a local tragedy, are only temporary. However, for the sake of this book, we are considering the worst-case scenario: a long-term emergency with no hospitals, pharmacies, or qualified medical personnel. You are the assistance you will require. In the worst-case scenario, wounds will be unavoidable. Bites, bruises, burns, blisters, and bleeding will occur significantly more frequently than they do now. There will be more pokes, prods, and punctures than ever before if you haven't had your fill of alliteration yet. We will spend more time outside, moving, lifting, walking on rough ground, hunting, and farming. We'll spend more time with insects and animals that bite. We'll be heating our houses with more wood. We'll be cooking a lot more, and it'll almost certainly be with wood, though there are some interesting solar choices as well. There will be more conflicts, which will escalate to violent confrontations. People who do not plan ahead of time and are desperate will try to grab what you have set aside for themselves and your loved ones. Finally, there will be dishonest people whose aim has been to take what others have all along. In the worst-case scenario, civil upheaval is likely, with violence erupting abruptly and frequently. Although there are several books, workshops, films, and other educational resources available to assist you prepare for those circumstances, the focus of this discussion will be on what occurs after the dust settles, especially acute care and injury recovery. A wilderness first aid training, which often goes beyond a regular first aid course, is highly recommended.

First aid training frequently assumes that you know what happened or that the person who was injured can tell you what happened. It's possible that this isn't always the case. If you return home to find the woodstove has burned out, the house is freezing, and your spouse is unconscious on the floor, you have a riddle to solve before you can aid. You have another mystery to solve if you come across someone

who has slumped in the snow, there is a shovel nearby, and the individual appears to be dressed warmly enough. Before attempting to assist, be sure you are safe. Examine the area for animals, people, electrical lines, traps, and anything else that might pose a threat. You'll be of little use to anyone if you're also hurt. You'll also make it more difficult for anyone who comes to your help now that there are two injured persons. Look for clues as to what occurred. Is there any blood on the person? Is there a pulse, and is he or she breathing? Does it appear to be a fall? Do you detect a whiff of booze? Check to see whether the other person can hear you. There are several options in the situation of a person who is unconscious on the floor. He or she may have been suffocated by carbon monoxide or knocked out by an intruder. It's also possible that the guy was bitten by a spider that had crawled up near the stove in search of warmth. The individual who collapsed in the snow may have suffered from cold or a heart attack while shoveling.

It's possible that you won't understand all that's going on in every case. In a worst-case scenario, you'll be better equipped to handle more health emergencies than most people if you have solid first-aid skills, know how to do chest compressions, understand how to clear a spine, know how to stop bleeding by applying pressure, and have a variety of herbal medicines to choose from.

4.10. Allergy and Anaphylaxis

Anaphylaxis is a life-threatening allergic reaction to foods such as shellfish or nuts, as well as bee or wasp stings in rare situations. You must have a backup plan if you know you have a severe allergy, especially if you need to carry an EpiPen. Eating a diet rich in omega 3 fatty acids is one piece of advice for prevention. According to several research, animals on a high omega 3 diet had a higher survival rate following anaphylaxis than those on a high omega 6 fatty acid diet. We wouldn't rely on it solely, but getting enough omega 3 fatty acids won't hurt. Additionally, ingesting omega 3 fatty acids has a number of advantages, including reducing inflammation, easing stiff arthritic joints, and decreasing high triglycerides.

Ma Huang (Ephedra)

An EpiPen, which releases epinephrine to halt the response, is usually used to treat anaphylaxis. Ephedrine is a substance that is comparable to epinephrine, and it is found in ma huang (Ephedra sinica).

Lobelia Tincture

Another alternative is lobelia tincture, which can help with asthma symptoms. It's also beneficial in at least some cases of anaphylaxis. Depending on the individual's demands, a dose comparable to 10 to 40 drops of lobelia extract should be given every hour for up to 6 hours. We believe it might be good for other forms of anaphylaxis, given its success for asthma.

4.11 Food Allergy Herbal Formula

- Chuan Jiao (pericardium zanthoxyli bungeanum), 1.41%
- Wu mei (fructus pruni mume), 28.17%
- Gui Zhi (ramulus cinnamomi cassia), 2.81%
- Huang bai (cortex Phellodendron), 5.63%
- Dang gui (radix angelicae sinensis), 8.45%
- Huang Lian (rhizoma copies), 8.46%
- Ren shen (radix ginseng), 8.45%
- Lingzhi (Ganoderma lucidum), 28.17%
- Gan jiang (rhizoma zingiberis officinalis), 8.45%

Any of these severe allergy alternatives should be followed up with nettle and liver support. Antihistamine is produced by the liver, and nettle offers antihistamine.

4.12. Anti-Infection Salve

For tiny wounds, scratches, small cuts, and other minor ailments, this is ideal. Any open wound has the potential to get infected. In our sterilized, contemporary lifestyles, we don't think about them, yet in a crisis, even a minor cut can be fatal. It's too late to apply this salve as a preventive measure if you detect a red line tracing up from the wound. Start a course of sida tincture in this situation to prevent infection from spreading. The quantities vary depending on how much you want to create at once.

- Plantain leaves
- Olive oil
- Lavender flowers
- Thyme leaves
- Calendula flowers
- Beeswax

Infuse together all the herbs and olive oil. You can use any amount of any plant, but we like to use equal parts of each herb. You can perform them one by one or all at once. Infuse the herbs in oil by maceration or in the slow cooker. If macerating, soak for six weeks. If using a slow cooker, cook on low for two to four hours on warm for up to two weeks. Place the herbs in a strainer and pour the oil into a container. In a double boiler, heat eight fluid ounces of the infused oil and two tablespoons of beeswax until the wax has fully melted into the oil. Set the oven to a low heat setting. Increase the heat but do not try to speed up the melting process. It's important to keep the oil from getting too hot. Fill jars or tins with the liquid that has been removed from the double boiler. Allow the containers to cool fully before labeling them. Add one container to your kit and store the rest somewhere secure.

4.13. Anti-inflammatory Capsules – Pain Reliever

This is made of four parts:

- Ginger and Turmeric
- One part of black pepper

Powder the herbs. Fill them in capsules and take them as advised.

4.14. Antiparasitic Protozoan Tincture

This will be formed by taking one part of

- Wormwood tincture
- Black walnut tincture
- Thyme tincture
- Berberine tincture
- Milk thistle tincture
- Garlic and Ginger tincture each
- Cloves tincture
- Horseradish tincture

Blend all of these together. Put in container and label it. Take 3 to 6 times a day, thirty to sixty drops each time.

4.15. Anti-Scar Salve

- 1 part plantain infused oil
- 1 part of St. John’s wort infused oil
- 30 to 60 drops of lavender essential oil
- 1 tablespoon lanolin
- 1 part rosehip seed oil
- 1 tablespoon beeswax
- 1 part comfrey infused oil
- 3 tablespoons honey

1. Mix together rosehip, St. John’s and other infused oils and warm them in the beeswax without cooking the oil.
2. Pour out in a container and label
3. Apply on the scarred tissue and massage.

4.16. Anti-bacterial Tincture

- One part of black pepper tincture
- Two parts of juniper berry, garlic clove and usnea tincture each
- Three parts of Echinacea Angustifolia root tincture
- Four parts of Sida and sweet annie tincture each

Blend them together, put them in a container and label. Take three to six times a day, thirty to sixty drops each time.

4.17. Anti-viral Tincture

- One part ginger and licorice tincture each
- Two parts, echinacea and elderberry tincture each
- Three parts of red sage, dong Quai and Chinese skullcap tincture each

Blend together, pour out in a bottle and label. Take thirty to sixty drops three to six times a day.

Chapter 5: Herbal Recipes and Some Medicinal Plants



5.1. Lemon Balm

Melissa officinalis is another mint that is easy to cultivate and, as a result, readily spreads. But it's such a terrific one that we don't mind if it gets around. Lemon balm is a simple yet effective plant. It's a potent antiviral herb that's commonly used to treat any herpes infection. This comprises cold sores, chickenpox, and shingles, in addition to genital herpes. Lemon balm is also useful for boosting mood and relaxation, as well as stress-relieving and sleep-inducing compositions and combating seasonal sadness. Lemon balm has a unique lemony taste and is delicious. Because it has such a strong flavor and is so delightful, it is frequently included in mixes to make harsh herbs more digestible. Motherwort, Leonurus cardiaca, is a highly bitter mint that grows in the opposite direction. Because of this, it's more commonly ingested as a tincture, but if you combine it with a better-tasting mint, you can produce a tea infusion. Motherwort, as is customary, is our favorite plant to give to new moms. (The gift of motherwort is sometimes referred to as "mothering the mother" in herbal texts.) Indeed, we believe it is ideal for everyone who requires some mothering. Motherwort is commonly used by women to control or initiate their menstrual cycle. The cardiac portion of the name refers to its use as a heart tonic, particularly in the regulation of the heartbeat.

5.2. Tonic Herbs

Herbalism takes numerous forms across the world, many of which have been passed down by oral tradition. This implies that definitions, such as the meaning of a herbal tonic, might differ. Tonics, in my opinion, are herbs that are safe to consume on a regular basis and assist the body in replenishing or improving energy. Personally, we try not to take any herb every day, at least once a week or a couple of times a month, to give our bodies a break. We rotate our herbs as much as possible depending on what we require at the moment. Stinging nettle, Urtica dioica, is an excellent example: because we have hay fever, we start drinking nettle tea every day, with a day off here and there, a couple of months before allergy season starts, and throughout the season. To keep me from becoming bored, we'll add some extra nourishing and tonifying plants like red clover and bee balm for their specific advantages. This is also a good method to use up any leftover herbs that have been lingering in your pharmacy for a long. Make a fresh mix and savor the rewards of your effort (or plants).

5.3. Cuppa Tea

Ingredients

- 1 tablespoon (15 ml) dried herbs or 2 tablespoons (30 ml) fresh herbs, cut and sifted
- 1 cup (240 ml) water

Method

Bring the water to a boil in a saucepan or kettle over high heat. Set the herbs in the tea accessory of your choosing (see here) and place them in your cup or pot while the water is heating. Remove the herbs from the fire and pour the boiling water over them. Place the lid on your teapot or cover your cup with a saucer or other heat-resistant top as soon as possible. This step is crucial because it not only keeps the tea hotter but it also maintains all the wonderful stuff in the tea that would otherwise evaporate (such as volatile oils, which store many of the herb's nutrients).

Tea can be consumed for two reasons: as a beverage or for medicinal purposes. Tea is a beverage that is enjoyed without the expectation of receiving any herbal advantages. A therapeutic tea is one that is eaten for all of the herbal advantages; thus, it must be extracted for a longer period of time to ensure that you receive all of those benefits. Allow 5 minutes for a beverage tea and at least 20 minutes for a therapeutic tea to steep. Many herbs can also be steeped overnight. (It's ideal to use a quart [960 ml] of water for this procedure since you'll have enough to drink all day.)

HERBS FOR TEAS

Many herbs are suitable for making tea. Following are some of my favorites to get you started with the technique. If you want to explore and try something new, that's great! Just be aware that while these guidelines work for most herbs, there are always exceptions—including herbs you can overextract and herbs that are very bitter.

First I'll run through how I work with the herbs featured in this book. Then I'll recommend a few other favorites for further exploration.

Herbs Found in This Book

Hot Infusion

Bee balm

Bergamot

Calendula

Elderberry

Ground ivy

Lemon balm

Mountain mint

Mullein

Peppermint

Red clover

Sage

Spanish needles

Spearmint

Stinging nettle

Thyme

Yarrow

Cold Infusion

Elderberry (as a cold infusion, the vitamin C is preserved)

Plantain

Decoction

Astragalus

Echinacea

Witch hazel

Other Favorite Herbs for Tea

Hot Infusion

Chamomile (flower)

Holy basil/tulsi (leaf)

Lavender (flower, leaf)

Oats (milky tops [unripe seed] or straw)

Cold Infusion

Fenugreek (seed)

Hibiscus (calyx, petals)

Marshmallow (root)

Pine (needles)

Rose (hips)

Slippery elm (bark—only from sustainable sources!)

Decoction

Burdock (root)

Chicory (root)

Dandelion (root)

Fennel (seed)

Ginger (root)

Sassafras (root)

Making a Decoction

You'll use the same ratio of herbs to water for a decoction as you did for an infusion. To avoid evaporation, cover the pot with a lid. Begin by bringing a saucepan of water to a boil. Once the water has

reached a boil, reduce the heat to low heat and add the loose herbs. For a beverage blend, simmer the herbs for 5 minutes; for a therapeutic blend, simmer for 20 minutes. If the herbs, such as ginger or burdock, have a strong flavor, cook them for a shorter time —5 to 10 minutes. The majority of herbs must be strained. Pour all of the ingredients, including herbs and water, into a French press and plunge. Alternatively, filter the tea through a strainer. Serve with a dash of sugar if preferred.

5.4. Sun Tea

This method uses the least amount of energy. However, it takes longer than a hot infusion or decoction. Any leaf or blossom would do, but the finest herbs for preparing sun tea are those that extract readily, particularly those with a high tannin content. Mints are fantastic in sun tea! The sun tea process will most likely not remove the tougher components of herbs, such as twigs, bark, and dried berries. A 1-gallon (3.8 L) glass jar, with or without a spout, is the only special equipment you'll need. You can make sun tea using big Mason jars, but if you make it on a regular basis, you'll be glad you bought the larger container with the pouring spout. Because the water isn't boiling, the sun tea jar might provide an ideal environment for bacterial development. Before each usage, make sure all pieces, especially the spout, are well cleaned.

Ingredients

- 1 cup (140 ml) dried herbs, cut small
- 1 gallon (3.8 L) water (or enough to fill your jar)

Method

Fill a glass jar halfway with herbs. To keep the spout from clogging, put the herbs in a cloth bag or use a paper filter, but make sure they have enough room to expand and are not tightly packed. Slowly pour the water into the container until it reaches the top. Stir the mixture well. Place your container in the sun, covered. Allow 3 to 4 hours for the process to complete. The faster the combination infuses into your palate, the greater the sunshine. If you plan on infusing the herbs for longer than this, keep them refrigerated to avoid bacterial development.

5.5. Tea Accessories



Accessory	Tea ball 
Portability	(6) Easily portable
Cleanability	(6) Quick and easy—dump and rinse.
Sustainability	(6) Reusable (until the hinge breaks)
Other	Comes in different sizes and degrees of ornamentation. Sometimes herbs may leak through the holes in the mesh (if they are powdery) or where the two halves come together. Also, the herbs don't have much room to expand. This can be helped some by buying a bigger tea ball.

Accessory	**Reusable cloth tea bag** 
Portability	(4) Easy to pack, but you have to wait for it to dry.
Cleanability	(3) Hard to clean; particles stick to it, especially when wet (though you might not care about a little bit of herbal particulate).
Sustainability	(5) Reusable until the drawstring comes out or a seam comes apart. Mine usually last about a year with regular use. (Of course, if you're DIY savvy, resew the seams.) Look for unbleached.
Other	Comes in different sizes. These are good to buy in bulk so you have extras for sachets, bouquet garni, or herbal baths.

Accessory	**Paper tea filter** 
Portability	(6) Packs down very small
Cleanability	(6) So simple—just compost the whole thing, herbs and filter; get unbleached filters if you're going to compost.
Sustainability	(2) They are compostable, but you need a new one for each 1 to 2 cups.
Other	Comes in different sizes. The bigger ones are good for making multiple servings at once in a jar, bottle, or percolator.

Accessory	French press
	
Portability	(1) Almost impossible to pack, unless you're taking a fair amount of luggage and can wrap it safely
Cleanability	(5) Easy to clean, though sometimes herbs get stuck in the plunger.
Sustainability	(6) Reusable for years
Other	Get a bigger size, so you can make a quart (960 ml) at a time. You may even want two—one for coffee and one for tea.

5.6. Some Medicinal Plants

Bee Balm



Botanical Name: Monarda didyma

Family: mint (Lamiaceae)

Native Location: native to much of the eastern United States, California, Oregon, and eastern Canada. Growing Zones: perennial, zones 4 through 9

Requirements: partial shade; moist, rich soil; needs good air circulation to resist powdery mildew **Harvesting Tips:** Harvest

blooms for a lovely accent to tea by trimming above the second set of leaves from the bottom.

Therapeutic Parts: leaves, stems, flowers

Benefits: same as Bergamot for adults, children, and animals

Preparations: tea, tincture, syrup, steam

Contraindications: pregnancy

Bergamot



Botanical Name: Monarda fistulosa

Family: mint (Lamiaceae)

Native Location: native to Unites States (lower 48 states) and parts of Canada

Growing Zones: perennial, zones 4 through 10

Requirements: flowers best in full sun; moist, well-drained, rich soil; needs good air circulation to resist powdery mildew

Harvesting Tips: Trim above the second set of leaves from the bottom; harvest flowers for a beautiful addition to tea.

Therapeutic Parts: leaves, stems, flowers

Benefits: antiseptic topically for skin infections and wounds and orally for sore throats, mouthwash, colds, flu, and upper respiratory disorders; comparable to other mints for gas, nausea, and indigestion

• **For children:** Try it with some mintier mints in tea or cough syrup for sore throats. It can also have a slight calming effect.

• **For animals:** tea infusion as a soothing antiseptic wash for animal skin irritations, itches, and fungal infections. Preparations: tea, tincture, syrup, steam

Contraindications: There isn't a lot of information on pregnancy; Peppermint has a lot of contraindications; animals don't enjoy the taste. Ingest as a pill or a glycerite.

Lemon balm



Botanical Name: Melissa officinalis

Family: mint (Lamiaceae)

Native Location: Europe, Mediterranean, Africa, Asia

Growing Zones: perennial in zones 4 through 9, with mulch in the cooler zones Requirements: partial to full sun; moist, rich, well-

drained soil; doesn’t spread by runners like many other mints but will bush out if allowed

Harvesting Tips: Trim above the second set of leaves from the bottom before flowering.

Therapeutic Parts: leaves

Benefits: excellent antiviral, especially for herpes viruses; mood-lifting; sleeplessness and seasonal depression treatment; stomach help as with other mints; an amazing lemon taste for adding to less palatable formulae

• Tea infusion for children to calm hyperactive, anxious, or sleepless youngsters; indigestion; antiviral for chickenpox and other illnesses. • Tea can be used to treat sadness, anxiety, indigestion, and hyperthyroidism in cats. Tea infusion, tincture, and culinary preparations

Contraindications: pregnancy, hypothyroid conditions, glaucoma, those taking pentobarbital or hexobarbital

5.7. Lip Balm Recipes

You can say goodbye to chapped, cracked, flaky, or bleeding lips because all of the lip balm recipes in this chapter include ingredients that will give you the best-feeling and-looking lips you've ever had. The recipes in this chapter are not only beneficial for your lips but also for your bank account and your time. One thing to keep in mind: if your lip balm is too thick for you, dilute it with a little vegetable oil; if it's too thin, thicken it with beeswax or candelilla wax.

Coco-mint Lip Balm

Ingredients

- 1 teaspoon vitamin E
- 1 tablespoon olive oil
- 10 drops of peppermint oil
- 2 tablespoons each of coconut oil and grated beeswax
- 2 teaspoon cocoa butter

Method

Prepare a container for the balm. In a saucepan over low heat, melt coconut oil, cocoa butter, olive oil, and beeswax. Add the vitamin E and peppermint oil to the saucepan and constantly stir until well combined. Remove from the fire and pour into pre-made containers to cool.

Almond Rose Lip Balm

Ingredients

- 2 tablespoons almond oil
- 5 drops of rose oil
- 1 tablespoon each of coconut oil and grated beeswax
- ½ teaspoon vitamin E
- A tiny piece of your favorite lipstick

Method

Make the lip balm containers first. In a small, thick-based saucepan, combine the coconut oil, beeswax, and a bit of lipstick. Melt over low heat, stirring constantly. Combine the almond oil, vitamin E, and a few drops of rose oil in a large mixing bowl. Remove the pan from the heat once all of the ingredients have been properly combined. Allow cooling before pouring into the prepared containers.

Coconut & Tea Tree Oil Lip Balm

Ingredients

- 2 tablespoons coconut oil
- 3 drops of tea tree oil
- 1 teaspoon vitamin E oil
- 3 tablespoons grated beeswax

Method

Prepare the containers. In a double boiler or over boiling water, melt the beeswax and coconut oil. Combine vitamin E and tea tree oil in a large mixing bowl and thoroughly combine. Fill your pre-made containers with the mixture.

5.8. Home Remedies for Everyday Ailments

In the past, family members or a community healer or herbalist would treat injuries and diseases. Choosing from the broad array of healthcare traditions, procedures, and modalities accessible today, on the other hand, might be difficult. What is the most responsible and prudent course of action if you or a member of your family becomes ill or injured? Is it necessary for you to go to the hospital? Why not seek guidance from a holistic health care practitioner? Wait and see if the illness responds to home treatment? Of course, each circumstance is unique. Antibiotics and a hospital visit may be necessary in one case, while herbal medicines and home therapies may be the most responsible course of action in another.

Antifungal Powder for Athlete's Foot

This powder is both effective and simple to prepare. Only use organically grown goldenseal in this recipe; if you can't locate it, leave it out.

Ingredients

- Half cup white cosmetic-grade clay or arrowroot powder
- One tablespoon of powdered chaparral
- One tablespoon of powdered black walnut hulls
- One teaspoon powdered organically grown goldenseal
- One teaspoon of tea tree essential oil

Method

Mix the powders together. Mix in the tea tree essential oil well. Allow the mixture to dry completely before storing it in a shaker container in a cold, dry spot. Once or twice a day, apply

to your feet.

Antifungal Salve

Ingredients

- One part echinacea
- Two parts chaparral
- One part grew goldenseal
- Two parts black walnut hulls
- One part myrrh
- A few drops of tea tree essential oil

Method

Infuse together and warm. Apply twice daily.

Burns

Fire, sunlight, or chemicals can all produce burns. First- and second-degree burns may usually be treated well at home, although infection can occur if the region is not kept clean. If an infection develops, get medical help. Third-degree burns should always be treated by a doctor. To cure a burn, chill the affected area first, thereby "putting out the fire." Immerse the affected region in cold water for at least 30 minutes, or apply a diluted apple cider vinegar compress to the area. After that, select one or more of the therapies below:

• Apply a cooling disinfecting poultice comprised of 2 or 3 drops of peppermint essential oil mixed with 14 cups of honey to the burn and aloe vera gel to the burn, which is cooling, disinfectant, and healing.

• To aid with pain relief, use valerian tincture.

• Make a pill ball (with slippery elm and honey) for burns on the roof of the mouth caused by hot meals to cure the burn and relieve the discomfort.

• Apply a salve containing St. John's wort, which aids in the repair of any injured nerve endings.

The Versatile Aloe

The aloe vera plant's fresh gel is simple to obtain. Select a big succulent leaf and delicately chop it away from the mother plant. (The plant will secrete a gel-like fluid from the cut site, which will mend in a matter of hours.) Slice the leaf lengthwise along the edge (cutting only as far as you need to for one application of gel). Scrape the skin clean after scooping out the gel from the leaves inside. Any burn, wound, or rash can be treated with this gel. Wrap the remaining leaf in plastic wrap and keep it in the refrigerator if you don't use it all. It will last for several months in the refrigerator.

On a staph infection, never use aloe vera gel. It will lock in the bacteria, producing an ideal petri dish for the staph to grow in.

St.-John’s-wort salve

Burns responds well to St. John's wort salve or oil when administered topically. This salve is also a fantastic all-around therapy for rashes, cuts, and wounds. This recipe was created in 1974, and it was so successful that I've been preparing it ever since.

Ingredients

- 1 part calendula flower
- 1 part comfrey leaf
- 1 part St.-John’s-wort (leaf and flower)

Method

Infuse together and warm. Apply to the affected area two or three times daily.

Colds and Flus

Colds and flu are upper respiratory tract diseases that affect the throat, eyes, nose, and head. The use of bed rest to treat these conditions is usually suggested, although it is not always possible. There are other therapies that are widely available and affordable. To

recover from a cold or flu, eat light and avoid any dairy items, as well as sugar and orange juice, which will generate more mucus in the system. Simple and comforting foods should be served. Drink hot broth throughout the day if you have a cold. Medicinal herbs like astragalus and echinacea can be added to the soup. And, of course, consume onions and garlic, which are nature's greatest cold and flu cures. Traditional curry mixes are made up of a variety of medicinal herbs, such as turmeric and cayenne pepper, that stimulate and activate the immune system. With a generous amount of curry powder, sauté onion slices and entire garlic cloves. It tastes great and helps to cleanse the sinuses while also battling the cold or flu virus. a chilly kicker

Before the cold season arrives, make your own echinacea tincture. To avoid catching a cold, take 12 teaspoons of echinacea every 30 minutes at the first symptom of illness. Take 1 teaspoon of the tincture every 2 hours if you already have a cold. Drink several cups of yarrow, peppermint, and elder tea (an old Gypsy formula) or hot ginger tea with honey and lemon many times every day. We typically add a pinch of cayenne pepper to our ginger tea for added flavor. Both of these methods will assist you in sweating off your cold.

Herbal Eye Wash

This eyewash can be used to treat conjunctivitis without the use of antibiotics. Make sure the liquid is adequately strained; you don't want any herb particles in the water. Mix the herbs with a tiny quantity of warm water to make a paste, then put the mixture on a piece of gauze and apply as a poultice to the eyes.

Ingredients

- 1 tablespoon powdered comfrey root
- 1 teaspoon powdered organically grown goldenseal
- 1 cup boiling water

Method

Combine the herbs and the water. Strain through two or three layers of muslin or a fine coffee filter. Allow the liquid to cool to room temperature. Using an eyecup or an eyedropper, wash the eyes several times a day with the eyewash. Apply daily until symptoms subside, usually within 4 or 5 days.

Yellow Dock Constipation Remedy

We've discovered that yellow dock is effective for constipation and does not cause dependence.

Ingredients

- 2 parts yellow dock root
- 1 part dandelion root
- 1 part licorice root. Combine the herbs.

Method

Prepare as a decoction. Drink 3 cups a day.

Chapter 6: Natural Remedies for Digestive Problems



6.1. Nausea and Vomiting

Nausea and vomiting are signs of a variety of conditions, including gastroenteritis, inner ear infection, migraine, excessive food or alcohol consumption, hiatus hernia, pancreatitis, indigestion, food poisoning, gallstones, or liver disease. Hormonal changes like pregnancy and menstruation, travel, and specific odors and sights might also trigger them. Nausea might be accompanied by dizziness and a sense of faintness. Vomiting is frequently preceded by nausea, with perspiration, increased salivation, and a lowering of the pulse rate. It's most likely that a continual sense of nausea with no vomiting, but a headache and stomach discomfort, is caused by stress or worry.

Treatment

Crystallized ginger for travel sickness and nausea

Peel and cut a big piece of fresh ginger into tiny pieces. To make a syrup, combine 1 cup sugar with 4 cups water. Stir in the ginger and cook until the root is tender. Drain and put in sterilized jars after leaving in the syrup overnight.

Notes and dosages

• It's more tolerable than cayenne pepper. To boost absorption and action, it can be given to most treatments. You can drink a mixture of 12 teaspoons of powder and 1 cup of boiling water at any time. 5–20 drops of tincture in any herb tea Crystallized ginger aids in the prevention of motion sickness.

6.2. Jaundice

The natural coloring ingredient bilirubin causes a yellowing of the whites of the eyes and the skin, which is known as jaundice. Bilirubin is released by red blood cells and transported to the gut in bile via the liver in normal circumstances. However, if the liver is damaged or if the bile ducts are blocked, it builds up in the blood, resulting in the typical yellow coloring of tissue. Mild jaundice is common in newborn newborns, and it lasts for many days until a typical excess of red blood cells is cleared. This is not typically seen to be a serious condition. However, erythroblastosis fetalis, a dangerous type of jaundice in babies, is usually caused by an incompatibility with the Rh factor. Jaundice is prevalent in adolescents and young adults who have a viral infection of the liver; in middle-aged individuals, gallstones are the most common cause of jaundice. Jaundice in elderly persons might be an indication of liver or bile duct cancer. In heavy drinkers, it's frequently the first sign of liver impairment. Jaundice is not an illness in and of itself; it is a symptom of a more serious condition such as hepatitis, gallstones, hemolytic anemia, liver cirrhosis, pancreatitis, or pancreatic cancer. The source of jaundice should always be looked into as soon as possible.

Treatment

Gardenia fruit, oriental wormwood, and cork tree bark are some of the herbs that may be used to treat dampness in the gallbladder and liver.

Goldenseal, verbena, barberry, blue flag, dandelion, and wild yam are all plants that can be used to tonify the liver.

6.3. Hiatus Hernia

When a portion of the stomach moves up through the esophageal gap in the diaphragm and into the chest, it is called a hiatus hernia. As a result, the contents of the stomach reflux into the esophagus, potentially causing injury and irritation (esophagitis). Hiatus hernia has no known etiology; however, it is more frequent in obese persons (particularly in women in their later middle years) and smokers. It is sometimes present at birth.

Severe heartburn (a searing ache behind the breastbone) that becomes worse with bending, straining and lying down • If esophagitis develops, there may be symptoms such as acid in the mouth, swallowing problems, and ulcers.

Treatment

Bai Zhu

Bai Zhu is a key unifying qi herb used to treat diarrhea, vomiting, exhaustion, lack of appetite, and limb weakness and is one of the herbs listed in the "Four Gentlemen's" foundational tonifying prescription (Si Jun Zi Wan). It is also utilized in the Jade Screen prescription for spontaneous sweating related to Qi Deficiency, and it improves Damp ailments, including edema and restricted urination. When mixed with other herbs, it can be used to treat any sort of threatening miscarriage.

6.4. Appendicitis

The appendix is 1–8in. (2–20cm.) long, hollow, and roughly the thickness of a pencil. It is mostly lymphoid tissue, such as the tonsils and adenoids, and is readily infected by microbes. Appendicitis, the inflammation of an infected appendix, affects one out of every 15 persons. This is a medical emergency that generally necessitates the removal of the appendix by surgery. Peritonitis is a severe, perhaps deadly infection of the membrane lining the abdominal cavity caused by perforation of the appendix. • discomfort and soreness in the middle of the abdomen, migrating to the right and down into the groin • nausea and vomiting are possible symptoms • fever

Treatment

In those who have a "grumbling" appendix with inflammation and persistent stomach discomfort, treatment is targeted at avoiding the problem. Agrimony, chamomile, echinacea, licorice, and wild yam are all plants that can aid with inflammation and discomfort. These can be taken together or individually up to three times per day.

Agrimony Digestive Tonic

Agrimony, raspberry leaf, and lemon balm, in equal parts (Melissa officinalis). Keep it out of the light. For colicky pains with looseness and anxious diarrhea, make tea with 1 teaspoon of the combination and 1 cup of boiling water. Drink as needed.

6.5. Gastroenteritis

Gastroenteritis is an acute inflammation of the stomach and intestine that causes severe stomach pain and discomfort. Food intolerance, excessive alcohol consumption, or intestinal organisms such as salmonella or other bacterial toxins or viruses that may contaminate food or drink. The intensity of the symptoms will vary depending on the reason. It might potentially be an adverse effect of some medications. Gastroenteritis is particularly dangerous in the elderly and infants due to the risk of dehydration from vomiting and diarrhea. Call for immediate care if symptoms last longer than 48 hours or are accompanied by severe pain. • Fever • Abdominal discomfort • Nausea and vomiting • Diarrhea • In extreme situations, shock and collapse are possible.

Treatment

Bananas that are quite ripe can assist in relieving nausea, function as a light constipate and replenish the good flora in the intestines. Taking a spoonful of live yogurt throughout the day can assist in replenishing bacteria in the stomach and digestive systems. Honey has antibacterial and anti-inflammatory properties. Sip a few teaspoonfuls of the mixture in a cup of warm water. If you have trouble handling hot drinks, freeze them into ice cubes.

To cure the infection and alleviate the symptoms, make a comfrey root and meadowsweet infusion.

6.6. Stomach Ulcers

Peptic ulcers most typically develop in the duodenum, at the stomach's junction, and in the stomach wall. They frequently appear as circular or oval wounds on their own. The erosions are generally superficial, but they have the potential to permeate the whole wall, resulting in bleeding and death. A peptic ulcer develops when stomach secretions (hydrochloric acid, mucus, and a digestive enzyme called pepsin) react with the digestive tract's walls. Chronic peptic ulcers are common. When the typical "aggressive" factors, such as acid-peptic discharges, and the normal "resistant" factors, such as mucus and fast cellular replacement, are out of balance, a peptic ulcer forms. Physical and emotional stress, as well as inherited factors, smoking, excessive alcohol use, and nonsteroidal anti-inflammatory medicines, are known to be triggers (NSAIDs). Gastric (stomach) ulcers afflict both men and women over the age of 40, although males are more likely to develop duodenal ulcers. Lower esophageal ulcers are uncommon and are frequently linked with hiatus hernia and esophagitis. Peptic ulcers afflict around 10% of the population in the United States. Duodenal ulcers are two to three times more prevalent than stomach ulcers, and they are more common in those with blood group O.

Symptoms include: • intermittent upper abdominal pain that is relieved by eating; pain usually begins around mid-morning, and sufferers are frequently woken up by it at night • peptic ulcers: may bleed, causing blood in vomit and dark, blackish stools; peptic ulcers may perforate, causing severe pain and shock; peptic ulcers may perforate, causing severe pain and shock.

Treatment

Licorice has a calming effect on the stomach and mucous membranes, and a decoction can be consumed three or four times per day to alleviate symptoms.

A marshmallow root decoction can be used to treat a variety of ailments.

Comfrey or slippery elm are two herbs that can aid.

6.7. Indigestion

Indigestion (or dyspepsia) is a broad word that encompasses stomach pain, nausea, heartburn (a burning feeling or pain under the breastbone), hiccups, and flatulence. Indigestion is a term used to describe pain in the upper belly, also known as stomach distress, which is commonly caused by eating too much, eating too rapidly, or eating highly rich, spicy, or fatty meals. Nervous indigestion is a typical stress-related symptom. Excessive smoking, excessive alcohol or caffeine use, pregnancy, or worry are all major causes of indigestion. Esophagitis (inflammation of the esophageal lining), gastroenteritis, peptic ulcer, and gallstones are among the conditions that might cause it. The following are the signs and symptoms: • hiccups • flatulence • stomach discomfort • nausea • heartburn (burning feeling or pain under the breastbone).

Treatment

After meals or when you're feeling full and winded, try a peppermint or fennel infusion. (Take bitter aperient herbs like dandelion, gentian, and wormwood 20 minutes before eating to improve the overall tone of the digestive tract.) Three cardamom pods, a sprinkle of ginger, or a dash of cayenne pepper help warm a chilly stomach. Flatulence and gas problems can be alleviated by steeping fresh dill in hot water.

6.8. Travel Sickness

A sensitivity to the continual passive movement of the body when in a car, boat, airline, train, or bus is known as travel or motion sickness. It's possible that some individuals will feel it on elevators. It's unknown why just certain people get travel sickness. When the information flowing to the brain from numerous sensory inputs does not add up, such as when the eyes report a stable horizon, but the balance (vestibular) system reports a rocking motion, the condition appears to emerge from the sensory mismatch. Women and children under the age of two tend to be more susceptible to travel sickness. The elderly do not appear to be bothered by the situation. Severe travel sickness might leave you completely disoriented. • nausea • vomiting • pallor, faintness, and dizziness • stomach discomfort • headache • increased salivation • sweaty palms and face are some of the symptoms.

Treatment

Fresh angelica leaves should be chewed and kept in the car while traveling. To relieve nausea, chew fresh or crystallized ginger. Tea made from fennel or chamomile will help to alleviate the discomfort. To relax and quiet the stomach, chew fresh peppermint leaves or drink an infusion.

6.9. Gall Stones

Gallstones are stone-like lumps that form in the gall bladder or bile duct. They're roughly the size of a pebble and are mostly made up of cholesterol, calcium, or both. Gallstones can be caused by a change in bile composition (for example, too much cholesterol), an obstruction in bile outflow, illness, or inherited causes. Obesity, advanced age, a high-fat diet, and food intolerance are all risk factors. Gallstones affect far more women than they do males. Gallstones affect roughly 10% of the population in the United States, mostly women. One to 10 or more stones, varying in size from 1 to 25mm across, may be present. Gallstones are uncommon in childhood, but they grow more prevalent as you get older. Gallstones are found in 20% of all women when they die, according to autopsies. Gallstones may occur sooner than they would normally due to the usage of oral contraceptives. • severe pain if a stone moves from the bile duct into the duodenum • possibly high fever • inflammation of the gall bladder (cholecystitis) • jaundice if the stones cause bile duct obstruction • jaundice if the stones cause bile duct obstruction (biliary colic)

Treatment

Gallstones can be dissolved using the following herbs, although it will take several months. In a mixing bowl, combine balmy, dandelion leaves, stone root, and fringe tree bark infusions. Take this supplement two or three times per day.

6.10. Hepatitis

Hepatitis is a condition in which the liver is inflamed. Hepatitis A, often known as infectious hepatitis, is the most frequent cause of acute hepatitis and is spread by contaminated food and water. Hepatitis B is mostly transmitted by blood or blood products, although it can also be passed from mother to fetus and through close contact, including sexual contact. It frequently causes an acute bout of liver illness and, in rare cases, persistent hepatitis. The most frequent kind of viral hepatitis is hepatitis C. Type C is spread by blood and blood products (which are now tested for the virus), and it can stay in the body for years before causing liver damage. Hepatitis C is the most common cause of chronic hepatitis and is a major public health concern. Hepatitis C accounts for 10–40% of all hepatitis cases, with blood transfusions accounting for 90–95% of cases. Another form of hepatitis C is rare in Europe and the United States but widespread in Mexico, Africa, and Asia and is mainly spread by polluted water. According to current studies, 25% of persons who get blood transfusions in the United States will acquire hepatitis. The majority of those who get chronic hepatitis are women under the age of 45. Cirrhosis and liver damage are the results of chronic hepatitis. Acute hepatitis can be caused by a variety of illnesses that affect the liver. • Loss of appetite is one of the symptoms. W black urine • weariness • occasionally fever • enlargement of the liver • jaundice (yellowing of the skin) • hepatitis can be acute or chronic: the acute form might last for two months or, in rare cases, lead to liver failure.

Treatment

To promote healing and regeneration, liver tonics can be used on a regular basis. Goldenseal, verbena, barberry, blue flag, dandelion, and wild yam are some of the plants that can be employed.

6.11. Crohn’s Disease

Crohn's disease causes parts of the intestine to become inflammatory, ulcerated, and significantly thickened, while the sections between them stay normal. Any section of the bowel can be damaged, but the terminal ileum, the final segment of the small intestine, is most commonly impacted. It is a chronic condition with no recognized origin; however, there may be a hereditary component. Arthritis, red skin swellings, mouth ulcers, eye inflammation, gallstones, urinary infections, and kidney stones are all complications of Crohn's disease. Crohn's disease is more common in young adults and persons over sixty. Crohn's disease is most frequent between the ages of 20 and 40, and it affects Caucasians and Jews four times more than any other ethnic group. Crohn's disease may be passed down the generations, affecting many family members. Crohn's disease mostly affects the small intestine; however, it can affect any part of the digestive system. The presence of a bowel blockage, as well as a variety of additional problems, may need surgical intervention. Lower abdomen discomfort, spasms, diarrhea, hunger and weight loss, anemia, and rectal bleeding in the elderly are all symptoms.

Treatment

Peppermint infusions can help protect the gut lining from inflammation while also easing the discomfort of the disease. Bitters are antiseptic and antibacterial, and they stimulate and cleanse the bowels. Hops have an antispasmodic effect, which decreases bodily tension and relieves colic and intestinal spasms. Hops' bitters also help the digestive tract work more efficiently.

6.12. Constipation

Constipation is characterized by few or irregular bowel motions, as well as difficulty, discomfort, and pain while passing dry, hard stools. It's typically innocuous, but it might be a sign of something more serious, especially in those over 40. Insufficient fiber in the diet, immobility, hemorrhoids, an anal fissure, iron pills, hypothyroidism, or hormonal changes, such as those seen during pregnancy, can all cause constipation. Inadequate fluid intake, a deficiency of vitamin B1, B5, B6, potassium, magnesium, and zinc, as well as too much animal protein, dairy products, vinegar, pepper, salt, spices, and aluminum, are all dietary factors. If the diet isn't to blame, other factors to consider include eating too quickly, not getting enough exercise, stress, worry, and sadness, taking antibiotics, misusing laxatives, and abusing some over-the-counter medicines like cough syrups. Symptoms include • constipation, discomfort • weight loss • headaches, furred tongue, loss of appetite, nausea, exhaustion, and depression, all of which are caused by concern over constipation.

Treatment

Licorice, marshmallow root, rhubarb root, buckthorn, and senna leaves are all laxative plants that can be consumed as herbal infusions up to three times per day.

6.13. Diarrhea

Diarrhea occurs when the normal reabsorption of water from the feces does not occur, resulting in stools that are loose and watery. Excessive fluid collection in the digestive system and excessive propulsive movement in the intestines are the two primary processes involved in diarrhea, which may function separately or simultaneously. Excessive fluid in the intestines can be caused by illnesses that reduce colon water absorption or circumstances that cause water to be released into the intestines, such as cholera and various infections. Excess water is secreted by the body in order to "flush" sickness and poisons. Nervous and pharmacological variables, as well as partial intestinal blockage, can induce excessive propulsive motion. Dysentery, food poisoning, cholera, typhoid, gastroenteritis, and parasite infection are all illnesses that cause diarrhea. It can also be caused by stress or worry, and it can be caused by lactose intolerance in newborns. Crohn's disease, ulcerative colitis, or colon cancer can all induce chronic diarrhea. If you have diarrhea that lasts more than 48 hours, see a doctor, especially if you have a fever and/or vomiting. Associated symptoms, depending on the cause, may include: •cramping in the stomach • nausea and vomiting.

Treatment

Take a moderate laxative like dock to get rid of the irritation that's causing diarrhea. Many infections can be cured with a few drops of myrrh tincture in water. Chamomile or marigold combined with a relaxing, astringent herb like a raspberry leaf can help with chronic and anxious diarrhea.

Chapter 7: Essential Oils

Essential oils have been used to improve physical, emotional, mental, and spiritual health for thousands of years. Science has only lately begun to understand how these volatile aromatic liquids and the valuable chemical substances they contain influence the body and mind. Perhaps you want to learn how to use these pleasantly fragrant oils primarily for aromatherapy, or perhaps you want to learn how to make a wide range of therapeutic items and treatments for naturally increasing beauty. You'll discover a variety of useful information on the world's most popular essential oils, as well as over a hundred guidelines for using them safely, on these pages. Each essential oil presented in this book has a wide range of applications. Pure peppermint essential oil, for example, is widely recognized for its capacity to reduce stomach discomfort, relieve inflammation and pain caused by arthritic illnesses, and impart a fresh flavor to a wide range of items, from candy to toothpaste. This book is a complete resource that you may turn to when you need a natural solution for a headache, cold symptoms, or even to speed up the healing of small wounds. Essential oils are adaptable and convenient since they are derived from plants, are good for the environment, and are naturally effective. When you choose to substitute chemical-based items with these aromatic gifts from nature's rich pharmacy, you open yourself, your family, and even your companion animals up to absolute well-being.


Essential
Oils

7.1. What is Essential Oil?

Essential oils aren't just concentrated plant extracts; they're much more. Most have medical properties, and many are prized for their outstanding cosmetic characteristics. While the full plants or plant components from which essential oils are extracted have health benefits, essential oils are far more potent. Essential oils, also known as ethereal oils or volatile oils, contain the essence or smell of the plants from which they are derived. Only a few well-known essential oils are extracted from full plants, but the majority are extracted from specific parts of the plants for which they are called. Seeds are the source of several essential oils, such as almond and nutmeg oils. Many essential oils are derived from leaves, such as patchouli, eucalyptus, and tea tree. Others originate from wood, flowers, resin, or roots, among other things. Some plants, such as cinnamon and bitter orange, are utilized as sources for many types of essential oils. Professional practitioners utilize over 300 essential oils to treat a wide range of ailments, whereas home practitioners often use ten to twenty essential oils on a regular basis. Lavender, eucalyptus, clary sage, and orange essential oils are among the most popular.

7.2. Brief History

For thousands of years, humans have known about the healing properties of plants. While we don't know when essential oils were initially distilled, we do know that they were employed in numerous civilizations for religious rites as well as for healing.

Egyptians are well-known for their achievements, so it's no surprise that they were among the first to employ essential oils. Aromatic oils were used in daily life in Egypt as early as 4500 BCE, according to archives. Cinnamon, myrrh, sandalwood, and frankincense were prized favorites, valued so highly that they were occasionally purchased with gold. Pure essential oils were considered sacred in Egypt, and only high priests and kings were permitted to utilize them; each deity had its own trademark essential oil combination. During religious events, images and sculptures of gods and goddesses were routinely anointed with valuable oils. During meditation, intimacy, and even war preparation, each pharaoh employed a variety of distinct essential oil mixes. Scholars in India established Ayurveda about 3000 BCE, a discipline that depends mainly on therapeutic potions containing a broad variety of essential oils. More than 700 therapeutic compounds are listed in ancient Vedic literature, including some modern favorites like ginger and cinnamon essential oils. Aromatic plants and essential oils found their way into Chinese cures for a variety of diseases. Many of these chemicals are still utilized by practitioners of Eastern medicine today. Between 2697 and 2597 BCE, during Huang Ti's reign, Chinese academics first described the use of essential oils, and the mythical Suwen, or Yellow Emperor's Classic of Internal Medicine, remains a major work today. The Function of Essential Oils 5 Essential oils are referenced approximately two hundred times in the Bible, in both the New and Old Testaments. Cedarwood, cinnamon, fir, frankincense, myrrh, and spikenard are some of the most popular biblical essential oils. These oils were used for anointing, religious purposes, and, it appears, just for the pleasure of smelling them. They were also prized as

presents; in the narrative of the Magi, frankincense and myrrh were among the priceless gifts delivered to Jesus of Nazareth at his birth. Essential oils were also employed by the ancient Greeks and Romans, mostly for aromatherapy, therapeutic massage, personal cleanliness, and medicine. Myrrh essential oil was mixed into a battlefield ointment, which proved to be an efficient cure for avoiding post-injury infections. Hippocrates is known as the "Father of Medicine." He chronicled the therapeutic benefits of essential oils and components from over three hundred plants between 500 and 400 BCE, many of which are still popular today. "A fragrant bath and a scented massage every day is the route to good health," Hippocrates instructed his students. In the form of the Hippocratic Oath, which doctors take, his knowledge continues to impact modern medicine. Galen was a well-known Greek physician of his day. Born in 131 CE and trained in Alexandria and Smyrna, he rose to prominence as the gladiator's surgeon at Pergamos. No gladiator died of infection while under Galen's care, thanks to his extensive understanding of the successful use of essential oils and other remedies. Galen's success led to him being appointed as Marcus Aurelius' personal physician. For the remainder of his life, he was a member of the Emperor's court, and he spent it writing a great corpus of medical books that covered plants in numerous therapeutic categories. Galen died in the year 201 CE, but his work continues in the form of Galenic medicine, which is still used in India and Pakistan.

7.3. The Power Essential Oils

Each essential oil includes almost a hundred distinct components, each of which has a particular effect on the body. Aromatic compounds generated from phenylpropane are the building blocks of amino acids, which link to create almost all of the body's structures.

Our bodies and essential oils are made up of many of the same compounds, including complex chemicals called terpineols, which are naturally occurring alcohols that aid in the creation of vitamins, energy, and hormones in the body. They are formed as a result of the continuous process of cellular respiration, and they add to the body's cellular energy source, assisting in functions like metabolism and healing. Many essential oils include these vital compounds, which are produced by plants throughout their development. They are simple to absorb and utilize by the human body for both sustenance and healing. Despite their intricacy, these oils are generally noninvasive and harmless, with the exception of a couple that is produced from deadly nightshades and should be used with extreme caution. Belladonna is one of the most poisonous essential oils available. Although it has a long history of benign applications, such as cosmetics and pharmaceuticals, as well as use as a surgical and aesthetic, it has also been employed as a lethal poison. Another hazardous essential oil is wolfsbane, often known as monkshood, which is obtained from a plant that is so toxic that farmers must avoid skin contact.

Electrons, which carry an electric charge and are impacted by other sources of electricity, are found in every cell of the body. Consider how a defibrillator may be used to restart the heart after a cardiac arrest and how electrotherapy can be utilized in a variety of ways, including activating the brain, assisting in the healing of damaged muscles, and boosting blood flow. Polarization is the separation of positive and negative electrical charges in any item or energy form, including cells and light. When light is polarized, its vibrations form circular ellipses, which can be utilized to promote healing in the

body's tissues. Polarized laser therapy is utilized in a variety of medical applications, including aesthetic operations and treating skin problems, as well as pain reduction, burn healing, ulcer treatment, and penetrating deep into joints to reduce pain. The rotational characteristics of essential oils are similar to those of polarized light. These properties, known as dextrorotation and levorotation, have a significant impact on the body's electromagnetic field. Researchers suggest that these features, like electric charges, contribute to the body's ability to mend itself. Furthermore, essential oils have a powerfully beneficial influence on blood circulation. They can help supply oxygen and crucial nutrients to the body's tissues while also assisting in the efficient elimination of waste produced by regular metabolic processes. Essential oils enhance immune system efficiency and blood viscosity by boosting blood flow, which helps the entire body, including the brain. Essential oils contain the most potent molecules plants are capable of synthesizing from the sun, water, and soil that sustain them. They are sweet-smelling and commonly utilized simply because their smells are so pleasant. Despite their intricate and potent chemical compositions, essential oils are simple and enjoyable to use. While each essential oil has its own value, they may be combined to create even more powerful chemical compounds with synergistic effects that much outweigh those of single oils. Very potent oils and mixes, on the other hand, can be diluted to get the desired dose.

7.4. Buying and Storing Essential Oils

Buying your essential oils from a reputable vendor ensures that you are getting exactly what you need and not a cheap, useless alternative. Essential oils are routinely labeled as "pure" by dishonest marketers when they are not.

Selecting Good Source

The source is the most critical component of acquiring essential oils until you get the skills needed to distinguish high-quality essential oils from synthetics or inexpensive mixtures. Some businesses routinely sell high-quality 20 Essential Oils, while others sell low-quality knockoffs. Though you may believe that the price of essential oil is a good indicator of its quality, this is not always the case. While a handful of these firms provide high-quality essential oils, many are more focused on selling attractively perfumed oils than medicinal oils. When it comes to determining if an essential oil is useful, many retail sites having essential oils for sale depend only on labels. However, essential oils and supplies (such as diffusers and carrier oils) may be found at natural food stores, skincare and aromatherapy websites, auction sites, and huge internet marketplaces. Make every effort to learn about the seller's reputation before making a purchase. If you're buying essential oils online, be sure you know what you're looking for because you won't be able to smell-test them first.

Price Differences

Essential oil costs vary widely, owing to the fact that some are far more expensive to manufacture than others. For example, rose otto essential oil from Bulgaria is among the most expensive; this is due to the fact that one ounce of pure rose otto essential oil requires nearly 600 pounds of rose petals. These fragile blossoms must be carefully nurtured and meticulously maintained. They are chosen in Bulgaria each morning before the sun's rays have a chance to

unleash the roses' perfume aromas into the air. Jasmine essential oil is also quite costly, as a single ounce of jasmine oil requires nearly twenty days of effort. The delicate plants must be meticulously cared for, and the tiny star-shaped blossoms must be hand-picked—exactly the reverse of what happens with a cheap essential oil like mint. Mint grows in profusion in many areas and requires little maintenance. It's easy to harvest with agricultural equipment, and there's a lot of essential oil in it.

Storing Essential Oils

It's critical to keep essential oils appropriately once you've chosen them. Essential oils should always be stored in glass containers rather than plastic ones. This is due to the fact that certain essential oils are so strong that they cause the plastic to dissolve. This not only makes the bottles sticky but also allows dangerous compounds from the plastic to leak into the oils. Eyedroppers, like plastic bottles, should be kept away from essential oils since their rubber bulbs and seals can be harmed by the oils. Most essential oils will survive for several years if properly maintained; in fact, certain varieties are similar to fine wines in that they improve with age. The patchouli that has been carefully maintained for several years has a deep scent that is unmistakably different from that of fresh patchouli oil. With age, benzoin, clary sage, vetiver, and sandalwood all improve. Essential oils from citrus fruits, such as orange, lemon, and grapefruit, have a propensity to lose strength over time. When refrigerated in dark-colored glass containers, they keep longer. Keep essential oils out of direct sunlight and away from heat sources, regardless of which type you like, because both sunshine and heat can cause them to lose their efficacy.

7.5. Some Essential Oil Remedies

Migraine

Migraines usually last four to seventy-two hours and are accompanied by nausea, vomiting, or both, as well as light and noise sensitivity. Inhaling peppermint or ginger essential oils directly can aid with nausea and headache relief; Roman chamomile and lavender essential oils offer anti-inflammatory and sedative characteristics that help with pain relief and relaxation.

Ingredients

- 8 drops of lavender essential oil
- 4 drops of Roman chamomile essential oil
- 1-ounce carrier oil

Method

Combine the essential oils with your preferred carrier oil. Massage the mix into the temples, forehead, and back of the neck, then rest in a dark, cool, and quiet environment. Diffuse a few drops of the mix around to improve this therapy.

Liver cleanse

Body Detox

The liver has a difficult job; it works hard to remove poisons from our systems and is prone to inflammation. Lemon essential oil helps to remove congestion in the liver and reduce toxic accumulation, while peppermint essential oil promotes lymph evacuation.

Ingredients

- 1 tablespoon freshly squeezed lemon juice
- 1 drop of peppermint essential oil

- 1 drop of lemon essential oil

Method

In a glass of water, combine all of the ingredients; if desired, use more than 1 tablespoon of lemon juice. Rather than sipping, drink the water all at once. To assist enhance liver function, repeat once a day.

Hangover Relief

It's never a good idea to overindulge, but if you're suffering from a hangover, detoxifying your liver will help you feel better quickly. Ginger essential oil relieves nausea, while lemon essential oil aids in the rapid elimination of pollutants. For a total hangover cure, use this medication with a headache reliever.

Ingredients

- 1 tablespoon freshly squeezed lemon juice
- 1 drop of ginger essential oil
- 1 drop of lemon essential oil

Method

In a glass of water, combine all of the ingredients. It's best if you drink it all at once. If necessary, repeat in 1 hour.

Muscle Pain

Trauma or Injury You can use this cure to assist relieve pain from a muscular strain or trauma, keeping in mind that essential oils are not a replacement for medical care but rather a supplement to it. Cold compresses help reduce swelling, and when coupled with essential anti-inflammatory oils like marjoram, basil, and citronella, they provide calming relief.

Ingredients

- 1-pint ice-cold water
- 4 drops of sweet marjoram essential oil

- 4 drops of citronella essential oil
- 1 drop of basil essential oil
- Clean towel

Method

In a mixing dish or basin, combine all of the ingredients. Apply the mixture to the damaged

region using a soft flannel cloth or terry towel. As the cloth heats up from your body heat, repeat the process.

Conclusion

Preppers and survivalists have a reputation for being "doom and gloom" types that constantly warn about pandemics, nuclear war, and natural calamities. That, in our experience, is far from reality. While we may be more concerned about end-of-the-world scenarios than the ordinary person, we are working to improve things in the aftermath of calamities rather than throwing our hands in the air and accepting the worst as inevitable. When it comes down to it, preppers are, if nothing else, fairly hopeful. We acknowledge that awful things happen in the world, but we think that by planning ahead of time, we can defy the odds and emerge victoriously. Personally, we sincerely hope that calamities of the magnitude we've been describing never occur. Netflix, flush bathrooms, and the occasional handful of Doritos are all things we appreciate. At the same time, being prepared for whatever life decides to throw our way is plain basic sense. In order to help a prepper, this book has addressed practically every facet of an emergency circumstance. We've compiled material on natural medicine, common household cures, and essential oils. We've covered a lot of ground in a short amount of time. However, this is far from a thorough effort, and it just scratches the surface of every imaginable situation that may arise during a crisis. It should, however, provide you with the information you need to prepare medicines with some common plants that may be found in nature. Prepare yourself and stay healthy!